

Ham & Cheese on a Pretzel Bun (LR100093)

HACCP Process: Process 2: Same day service
 Allergens: Contains Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 sandwich
 Moisture gain/loss%: 0.0000 Yield: 5 1/4 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

| Stock Item# | Stock Item | Stock Quantity | Cost (\$) | Ingredient Name | Quantity |
|-------------|------------|----------------|-----------|--|----------|
| | | | | Pretzel Roll, 2.2 oz 51% Whole Grain Gourmet with No Sodium, J&J Snack Foods, 7051, WGR SI100138 | 1 Each |
| | | | | Ham, Deli Sliced Cooked, Berks, 5200, MMA SI104687 | 2 ounces |
| | | | | Cheese, Yellow American, Pasteurized Process, 160 Slice Land O'Lakes, 46255, MMA SI100678 | 1 Ounce |

Nutritional Information

| | Fat | SFat | Carb | Protein | Sugar |
|---------------|-------|-------|-------|---------|-------|
| % of Calories | 38.14 | 19.79 | 38.62 | 23.74 | 4.997 |

Nutrients per 100 g

| FE (Kcal) | Fat (g) | Sfat (g) | TFat (g) (1) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|-----------|---------|----------|--------------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 219.508 | 9.302 | 4.826 | 0 | 34.335 | 659.805 | 21.191 | 2.05 | 2.742 | 13.026 | 1.476 | 145.114 | 207.55 | 0 | (M) | (M) |

Nutrients per serving (146.35 g)

| FE (Kcal) | Fat (g) | Sfat (g) | TFat (g) (1) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) | Mois (g) | Ash (g) |
|-----------|---------|----------|--------------|-----------|---------|----------|---------|------------|---------|---------|---------|--------|-----------|----------|---------|
| 321.25 | 13.613 | 7.063 | 0 | 50.25 | 965.625 | 31.013 | 3 | 4.013 | 19.063 | 2.16 | 212.375 | 303.75 | 0 | (M) | (M) |

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.