

Breakfast sandwich, Bagel w/sausage, egg and cheese (LR100023)

Allergens: Contains Egg, Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Each
 Moisture gain/loss%: 0.0000 Yield: 5 7/8 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
				Bagel, 51% Whole Grain Plain, 2.3 oz., Original Bagel, 7263901, WGR SI104148	1 bagel
				Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Grilled/Cooked, Michael Foods, 46025-85017, MMA SI101944	1 Each
				Sausage, Turkey Patty 1.5 oz , Cooked Frozen, Jones Dairy Farm, 018738, MMA SI100731	1 Each
				Cheese, American Cheese, Pasteurized Processed, Reduced Sodium, 160 slice, Land O'Lakes, MMA SI101422	1 slice cheese

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	39.62	12.95	39.69	23.40	1.621

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)
226.296	9.962	3.255	0	107.721	350.803	22.452	1.835	0.917	13.237	37.425	95.93	169.002	2.201	(M)	(M)

Nutrients per serving (163.525 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)
370.05	16.29	5.323	0	176.15	573.65	36.715	3	1.5	21.645	61.2	156.87	276.36	3.6	(M)	(M)

(M) Indicates missing values.

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