

Scrambled Eggs w/Potato Pancakes and Toast (LR100056)

HACCP Process: Process 2: Same day service
 Allergens: Contains Gluten, Soy, Wheat;
 Meal Contribution: 1 1/2 WGR, 2 Meat/MA, 1/4 Veg-S
 Number of Servings: 1.00 Serving Size: 1 Serving
 Moisture gain/loss%: 0.0000 Yield: 8 2/3 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
				Eggs, whole, scrambled from frozen, pasteurized, homogenized, with color stabilizer [100045, A569] SR105281	1/4 Cup
				Potato, Homestyle Babycakes Mini Potato Pancakes, McCain Foods, MCF03758, Veg-S SI103980	4 Each
				Bread, 100% Whole Wheat Bread, Nickles, 1293, WG SI101079	1 Slice
				Ketchup, Tomato Fancy, 1.5 Gallon Dispenser Pouch, Heinz, 515500 SI102093	2 Ounce

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	35.63	6.85	53.98	12.92	15.993

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)
166.343	6.585	1.266	0	88.726	529.364	22.447	2.035	6.651(M)	5.373	1.114	46.397	259.88	4.153	(M)	(M)

Nutrients per serving (245.7 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)
408.704	16.18	3.11	0	218.001	1300.65	55.153	5	16.341 (M)	13.202	2.738	113.998	638.526	10.205	(M)	(M)

(M) Indicates missing values.

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