

Chef Brenda, RDN

Recipe: 000213 Green Eggs and Ham Biscuits

Recipe HACCP Process: #2 Same Day Service

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Biscuit

902493 Whole Grain Biscuit..... 902480 USDA Ham, Water Added, Fully Cooked #100184+.... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+... 902494 USDA (P) Frozen Egg Patties #40700+.....	100 biscuit 4 LB 1 5/8 LB 8 LB	Preheat convection oven to 325°F. PREPARE INGREDIENTS: Slice ham to equal 0.5 ounce M/MA equivalent slices. Shred cheese. Chop basil. Thaw egg patties in the refrigerator. PREPARE WHOLE GRAIN BISCUIT: Bake according to manufacturer's instructions. Slice each biscuit in half.
902464 USDA (P) Reduced Cal Mayonnaise 7003452960+..... 083730 MUSTARD YELLOW PREPARED..... 019296 HONEY..... 009152 LEMON JUICE,RAW..... 002020 GARLIC POWDER..... 002044 BASIL,FRESH.....	4 1/2 CUP 3/4 CUP 1 1/4 CUP 1/2 CUP 3 TBSP 1/2 CUP, chopped	PREPARE BASIL HONEY MUSTARD: In a mixer, use the whisk attachment to mix mayonnaise, mustard, honey, lemon juice, garlic powder, and chopped basil. Mix well. Chill and store in the refrigerator for up to three days.
011457 SPINACH,RAW.....	1 3/4 LB	ASSEMBLE, HEAT AND SERVE: In the center of each biscuit, add 0.5 ounce equivalent slice of ham, 1 egg patty, ? cup fresh spinach, and .25 ounce cheese. Wrap sandwiches in individual foil sheets. Place sandwiches in a single layer on baking sheets. Bake for 8-10 minutes or until internal temperature of sandwiches reads 165°F for 15 full seconds. Serve with 1 tablespoon of chilled basil honey mustard on the side.

*Nutrients are based upon 1 Portion Size (1 Biscuit)

Calories	306 kcal	Cholesterol	136.71 mg	Sugars	*3.55* g	Calcium	120.41 mg	47.60%	Calories from Total Fat
Total Fat	16.19 g	Sodium	782.82 mg	Protein	11.60 g	Iron	1.95 mg	21.47%	Calories from Saturated Fat
Saturated Fat	7.30 g	Carbohydrates	29.67 g	Vitamin A	970.46 IU	Water ¹	*9.32* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.22 g	Vitamin C	2.77 mg	Ash ¹	*0.19* g	38.78%	Calories from Carbohydrates
								15.16%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.75 oz				? - Milk
Grain..... 1.75 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902493	Whole Grain Biscuit			
I	902480	USDA Ham, Water Added, Fully Cooked #100184			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902494	USDA (P) Frozen Egg Patties #40700+			
I	902464	USDA (P) Reduced Cal Mayonnaise 7003452960			
I	083730	MUSTARD YELLOW PREPARED			
I	019296	HONEY			
I	009152	LEMON JUICE,RAW			
I	002020	GARLIC POWDER			
I	002044	BASIL,FRESH			
I	011457	SPINACH,RAW			

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