

ENGLISH MUFFIN WITH CANADIAN BACON, EGG, & CHEESE

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
356 cal	28 g	22 g	17 g	237 mg	909 mg	303 mg

Ingredient

BACON,CANADIAN,SLICED,1 OZ
 ENGLISH MUFFINS,SPLIT OR CUT
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 CHEESE,AMERICAN,SLICED

Weight

6-1/4 lbs
 12-5/8 lbs
 10 lbs
 2 oz
 6-1/4 lbs

Measure

100 sl
 100 each
 1 gal 2/3 qts
 1/4 cup 1/3 tbsp
 100 sl

Issue

Method

- 1 Cook thawed Canadian bacon according to Recipe No. L 002 01 or L 002 03. Drain. Set aside for use in Step 4.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes in 325 F. oven. Set aside for use in Step 6.
- 3 Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 slice Canadian bacon on egg.
- 5 Place 1 slice cheese on top of bacon. Continue to cook until cheese melts.
- 6 Place 1 cheese and bacon-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.