

**ENGLISH MUFFIN WITH BACON, EGG AND CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
345 cal	27 g	18 g	18 g	228 mg	601 mg	301 mg

**Ingredient**

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

**Weight**

1-1/4 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 bacon according to Recipe No. L 002 00 or L 002 02. 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 at 325 F. 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 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.