

ENGLISH MUFFIN WITH HAM, EGG, AND CHEESE

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
355 cal	27 g	22 g	17 g	237 mg	871 mg	302 mg

**Ingredient**

HAM,COOKED,BONELESS  
 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 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Grill 1-ounce slices of ham until lightly browned on 325 F. griddle.
- 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 ham on egg.
- 5 Place 1 slice cheese on top of ham. Continue to cook until cheese melts.
- 6 Place 1 cheese and ham-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.