

ARAMARK - 1 - CPS

001399 - TACO Egg CH Pot WG 1.0 1ea

Recipe HACCP Process: #2 Same Day Service

Source: 7.0 ALC if CNE
 Number of Portions: 24
 Size of Portion: Each

Alternate Menu Name: Cheesy Egg & Potato
 Breakfast Taco

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|---|---|
| 830820R EGG: Scrambled CH SS 1.0... 24 #30 scp (1 MMA) | Prepare sub-assembly recipe(s). CCP: Hold at 140 F or higher for service. |
| 825175 POTATO HB, Tater Tots..... 1 LB, Frz, Yield inc + 6 OZ, Frz, Yield inc 900239 TORTILLA, Flour 8in WG..... 24 Each | Preheat convection oven to 400 F, conventional oven to 400 F. On sheet pan(s), spread frozen potatoes in single layer. Bake until golden brown, crisp and internal temperature has reached 140 F, conv oven 8-9 minutes or std oven 15-18 minutes. CCP: Heat to 140 F for 15 seconds. CCP: Hold at 140 F or higher for service. |
| (Empty) | Preheat steamer. Wrap tortillas in plastic wrap. Steam to 140 F. For one serving: Layer the following across center of 1 tortilla: #30 scoop egg mixture 3 pieces potato Fold tortilla in half. Wrap in approved packaging. CCP: Hold at 140 F or higher for service. |

*Nutrients are based upon 1 Portion Size (Each)

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|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|------------|--------|-----------------------------|
| Calories | 219 kcal | Cholesterol | 94.55 mg | Sugars | 1.58 g | Calcium | *50.03* mg | 36.98% | Calories from Total Fat |
| Total Fat | 8.98 g | Sodium | 387.06 mg | Protein | 7.47 g | Iron | *0.64* mg | 15.59% | Calories from Sat Fat |
| Saturated Fat | 3.79 g | Carbohydrate | 27.52 g | Vitamin A | 161.83 IU | Water ¹ | *0.00* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 2.61 g | Vitamin C | *0.73* mg | Ash ¹ | *0.00* g | 50.36% | Calories from Carbohydrates |
| | | | | | | | | 13.66% | 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.

ARAMARK - 1 - CPS

830820 - EGG: Scrambled CH SS 1.0

Recipe HACCP Process: #2 Same Day Service

Source: 7.0 ALC if CNE
 Number of Portions: 45
 Size of Portion: #30 scp (1 MMA)

Alternate Menu Name: Scrambled Eggs w/ Cheese

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|--------------------------------------|---|---|
| 829492 EGGS Liquid, Scrambled CN.... | 3 LB, Raw, Yield Inc + 3 OZ, Raw, Yield Inc | Eggs - Thaw overnight. CP: Thaw under refrigeration at 41 F or lower. CCP: Hold at 41 F or lower for service. |
| 826403 CHEESE, Cheddar Shredded... | 6 OZ | For each 48 servings: Into each half size 2 inch hotel pan(s), place 3 lb + 3 oz egg. Cover. OVEN METHOD: Preheat convection oven to 350 F, standard oven to 400 F. Place pan(s) in oven, cook until egg mixture begins to set 10-14 minutes. Add 6 oz cheese stir. Cover. Cook until eggs are set but still soft and egg mixture reaches 160 F, 8-12 minutes. Stir to scramble. CCP: Heat to 160 for 15 seconds. CCP: Hold at 140 F or higher for service. STEAMER METHOD: Preheat steamer Place pan(s) in steamer, cook until egg mixture begins to set 10-14 minutes. Add 6 oz cheese stir. Cover. Cook until eggs are set but still soft and egg mixture reaches 160 F, 8-12 minutes. Stir to scramble. CCP: Heat to 160 for 15 seconds. CCP: Hold at 140 F or higher for service. |

*Nutrients are based upon 1 Portion Size (#30 scp (1 MMA))

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|------------------------|---------|---------------|----------|-----------|-----------|--------------------|----------|--------|-----------------------------|
| Calories | 50 kcal | Cholesterol | 94.55 mg | Sugars | 0.58 g | Calcium | 50.03 mg | 64.02% | Calories from Total Fat |
| Total Fat | 3.54 g | Sodium | 66.23 mg | Protein | 3.85 g | Iron | 0.42 mg | 30.34% | Calories from Sat Fat |
| Saturated Fat | 1.68 g | Carbohydrate | 0.72 g | Vitamin A | 156.83 IU | Water ¹ | *N/A* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 0.00 g | Vitamin C | 0.00 mg | Ash ¹ | *N/A* g | 5.77% | Calories from Carbohydrates |
| | | | | | | | | 31.01% | Calories from Protein |

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