

Recipe Cards

for Oyster River Cooperative School District

Recipe: Egg & Veggie Pocket

Recipe: 1190

Egg & Veggie Pocket

Recipe Information

Name: Egg & Veggie Pocket
Category: Entrees
Notes:

Serving Size: 1 pita
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	101.868g	Total Fat	11.664g	18%	Total Carbohydrate	10.306g	3%	Vitamin A (IU)	781.296 IU	16%
Calories	183.003	Saturated	3.468g	17%	Dietary Fiber	1.351g	5%	Vitamin C	47.015mg	78%
from Fat.	57.365%	Trans Fat** †	0.000g		Sugars	1.281g		Calcium	88.517mg	9%
from Sat. Fat.	17.053%	Cholesterol	195.789mg	65%	Ash †	0.445g		Iron	1.196mg	7%
from Carbs	22.526%	Sodium	289.856mg	12%	Moisture †	26.626g				
from Protein	21.101%	Protein	9.654g	19%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

† Calculations based on incomplete data

Recipe Ingredients

- 1/2 pita, small (4" dia) Bread, pita, whole-wheat
- 2 1/8 oz Colby Cheese Skillet Omelet (10038057401768)
- 2 tbsp chopped Peppers, sweet, green, sauteed
- 2 tbsp chopped Peppers, sweet, red, sauteed

Preparation Instructions

Step 1: Saute peppers lightly in frying pan. Heat omelet in oven to 165 degrees. Cut pita in half, place omelet into pita and top with peppers. Serve immediately or hold at 140 degrees until ready to serve.