

# School District Of Greenville County

## Recipe Prep Sheet

### 990089 - Western Omelet

Recipe HACCP Process: #1 No Cook

Source: 2017-2018

Number of Portions: 100

Portion Size: Each

Ingredient #	Ingredient Name	Measurements	Instructions
990313	Frittata w Ham and Veg CARGILL *	100 EACH	<p><b>Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</b></p> <p><b><u>NOTE: DO NOT ALLOW OMELET TO THAW. COOK FROM FROZEN STATE.</u></b></p> <p>Directions</p> <ol style="list-style-type: none"> <li>1. Prepare the workstation by cleaning and sanitizing all areas.</li> <li>2. Gather all ingredients for preparation.</li> <li>3. Preheat oven to 300 degrees.</li> <li>4. Place omelets in a single layer on sheet pans sprayed with pan coating spray.</li> <li>5. Place in oven and bake for 5-10 minutes. <b><u>Product must reach an internal temperature of 145 degrees for 15 seconds.</u></b></li> <li>6. Transfer to 2" hotel pans. <b><u>Place in warmer maintaining an internal temperature of 140-150 degrees.</u></b></li> </ol> <p><b>Serving: One omelet will provide 2 oz. meat/meat alternate THIS PRODUCT MUST BE COOKED "JUST IN TIME." *TCS Food</b></p>

\*Nutrients are based upon 1 Portion Size (Each)

Calories <sup>1</sup>	140.000 kcal	Total Fat	10.000 g	Total Dietary Fiber	0.000 g	Vitamin C	6.000 mg	64.286% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.500 g	Trans Fat <sup>2</sup>	0.000 g	Protein	10.000 g	Iron	0.000 mg	28.929% Calories from Sat Fat
Sodium <sup>1</sup>	520.000 mg	Cholesterol	230.000 mg	Vitamin A	10.000 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	2.000 g	Calcium	10.000 mg	Ash	0.000 g	5.714% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.769			28.571% Calories from Protein
Type of Fat	-							

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the Mosaic® 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.**

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<b>Components</b>							
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup
<b>Allergens</b>							
Milk	Egg	Soy					

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