

Egg & Cheese Omelet with Peppers & Onions and Home-style Biscuit

Recipe #: 115089 (SHARED)



Omelet Egg & Cheese (2 MMA) 240080 and Biscuit (1 WG) 521782, Peppers & Onions

Breakfast Entree

Ingredients

Quantity

Omelet Egg & Cheese, 2.1 Oz, 144 Ct Pkg, 1/Case (2 MMA) 240080	1 count
BISCUIT MINI FB 1Z 5-35CT PILL (1WG) 521782	1 each
Vegetables Pepper and Onion Flame Roasted, IQF, 2.5 Lb Bag, 6/Case, 847208	1/4 c.

Preparation Instructions

HACCP Process: #2 - Same Day Service

1) Omelet Preparation:

Thawing Instructions

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE.

Basic Preparation

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN

2) Biscuit Preparation:

Storage and Handling:

FROZEN = USE BY EXPIRATION DATE

Thawing Instructions FREEZER TO OVEN/WARMER APPLICATION. CAN THAW AND WARM.

PLACE WHITE BAKEABLE TRAY OF BISCUITS ON TO A SHEET PAN. HEATING TIME 6-7 MINUTES

FOR FULL SHEET PAN IN 325 DEGREES F CONVECTION OVEN. SEE PACKAGE FOR COMPLETE

HEATING INSTRUCTIONS.

3) Once Omelet and Biscuits are cooked, serve one omelet with one biscuit on side

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling product. Replace gloves after handling any other object.



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Serving Size: 1.00

omelete and biscuit

Yield: 1.00

Nutrition Facts

Serving Size 1 omelete and biscuit

Serving Weight 155.316 gm

Amounts Per Serving

Calories 253.769 kcal

Total Fat 15.250 gm

Saturated Fat 7.000 gm

Trans Fat 0.000 gm

Cholesterol 165.000 mg

Sodium 615.060 mg

Potassium 73.000 mg*

Carbohydrates 21.003 gm

Fiber 3.251 gm

Sugars 4.002 gm

Protein 9.750 gm

Iron 1.980 mg

Calcium 155.009 mg

Vitamin A (IU) 525.128 iu

Vitamin C 9.005 mg

Vitamin D 1.200 mcg*

Saturated Fat % of Calories
24.83%

* = Indicates missing Nutrient Information.

^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

2 Oz Of Meat/Meat Alternates

1 Oz (Eq) Of Whole Grain-Rich

CCP: Record time and internal temperature of product when received on daily log.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.
CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

Reviewed 1/23/17-MR

0.25 Cups Of Other

Allergens

Eggs, Milk, Soy, Wheat

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