

# Mushroom Omelets

|                           |        |                       |                  |                           |                  |
|---------------------------|--------|-----------------------|------------------|---------------------------|------------------|
| <b>Recipe:</b>            | R-3787 | <b>HACCP Process:</b> | Same Day Service |                           |                  |
| <b># of Servings:</b>     | 100.00 | <b>Serving Size:</b>  | 1 Omelet         | <b>Source:</b>            | Mushroom Council |
| <b>Grams Per Serving:</b> | 130.40 | <b>Fat Change %:</b>  | 0.00             | <b>Moisture Change %:</b> |                  |

| Ingredients   | Measurements              | Directions   |
|---|---------------------------|--|
| Cheddar Cheese Omelet                               | 100 CHEDDAR CHEESE OMELET | <p>1. One Day Prior to Service:<br/>Clean and sanitize workstation.<br/>Pull omelets from freezer and place at workstation.<br/>Wash hands thoroughly.<br/>Place omelets on parchment paper lined sheetpans which have been sprayed lightly with pan spray.<br/>Cover with parchment paper to avoid drying out and place in covered rolling rack in cooler to thaw overnight.</p> <p><b>CCP: Hold below 41°F</b></p> |
|   |                           | <p>3. Directions:<br/>Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas.<br/>Gather all ingredients for preparation.<br/>Preheat convection oven to 300 degrees.</p> <p><b>CCP: Hold below 41°F</b><br/><b>CCP: 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>         |
| Fresh Sliced Mushrooms, RTU                         | 6 LB                      | <p>4.</p> <p><b>CCP: 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>   |
| Sliced Peppers and Onions, Fajita Blend             | 7 LB                      |  |
| Fajita Seasoning                                    | 1/2 CUP                   |  |
| USDA Shredded Cheddar Cheese, R/F, Material #100012 | 3 LB + 2 OZ               |  |
| Pan Spray   | 1 OZ                      |  |
|   |                           | <p>5.</p> <p><b>CCP: Prepare foods at room temperature in two hours or less</b><br/><b>CCP: 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>6. Wash hands thoroughly. Wash hands thoroughly.<br/>Prep: mix fajita seasoning with peppers and onions.<br/>Lay out 4 slices of mushrooms in omelet.<br/>Using a #20 disher place seasoned peppers and onions on the inside of the omelet by gently folding back the top and adding the vegetables.<br/>Fold down top and repeat.</p>  |
|   |                           | <p>7. Cook: Place omelets in oven and bake for 15 minutes.<br/>Product must reach an internal temperature of 165°F for 15 seconds.</p>   |
|   |                           | <p>8.</p> <p><b>CCP: Hold above 135°F</b></p>  |
|   |                           | <p>9. Prep: Place omelets in 2-inch hotel pans, not shingled.<br/>Sprinkle each omelet with ½ oz. of shredded cheese using 1# 30 disher.<br/>Cover and place in warmers.</p> <p><b>CCP: Hold above 135°F</b></p>   |

**Notes:**

**Production Notes:** Batch cook as the holding time and heat retention is low for this type of product.  
 The meal component information on omelets can be provided as a Product Formulation Statement or CN label.  
 The meal component information used for the vegetable blend are provided by the FBG or USDA Product Information Statements

**Serving Notes:** Each Veggie Fajita Stuffed Omelet weighs 130.40 grams or 4.6 oz. before cooking.  
 Serve with salsa for an extra kick and red/orange vegetables.

**Nutrients Per Serving:** ( per 1 Omelet )

|              |         |                |          |             |          |
|--------------|---------|----------------|----------|-------------|----------|
| Calories     | 184.432 | Trans Fat (gm) | 0.000    | Iron (mg)   | 1.221*   |
| Protein (gm) | 11.255  | Chol (mg)      | 177.904  | Calc (mg)   | 172.576* |
| Carb (gm)    | 4.385   | Vit A (IU)     | 327.593* | Sodium (mg) | 389.796  |
| Tot Fat (gm) | 13.957  | Vit C (mg)     | 11.440*  | Fiber (gm)  | 0.272    |
| Sat Fat (gm) | 5.471   |                |          | Sugars (gm) | 1.745    |

**Note:** \* means nutrient data is missing or not available.

**Meal Components:** ( per 1 Omelet )

| Fruit (Cups)                | Vegetables (Cups)        |            |                    |         |                   | Other 0.250 |
|-----------------------------|--------------------------|------------|--------------------|---------|-------------------|-------------|
|                             | Dark Green               | Red/Orange | Beans/Peas         | Starchy |                   |             |
| Whole Grain- Rich (Oz. Eq.) | Enriched Grain (Oz. Eq.) |            | Meat/Alt (Oz. Eq.) | 2.500   | Fluid Milk (Cups) |             |

**Allergens:**

Milk, Eggs



CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

**Product not used within 4 hours from when it was removed from the oven will be discarded.**