

Omelet Bar

Recipe #: 883 (LOCAL)



Omelet Bar

Breakfast Entree

Ingredients

Quantity

Egg, whole, raw, frozen, pasteurized	5 lb.
Cheese, Cheddar, White, Shredded [100002]	4 oz.
Cheese, feta	1 c. crumbled
Cheese, mozzarella, low moisture, part-skim, shredded	1 1/2 c.
Tomatoes, red, ripe, raw, year round average	1 c. chopped or sliced
Mushrooms, white, raw	2 c. pieces or slices
Spinach, raw	2 c.
Peppers, sweet, green, raw	1 c. sliced
Onions, sweet, raw	4 oz.
Sausage Links, Breakfast, Reduced Fat, FC, 6/5#, 358/1.34oz, JTM 5641CE (2/.67oz=1M)	4 link
Ham, 97% Fat Free, Water-Added, Cooked, Diced, Frozen [100188]	4 oz.
Peppers, jalapeno, canned, solids and liquids	1/4 c. chopped
Peppers, hot pickled, canned	1/4 c. drained
Oil, industrial, canola for salads, woks and light frying	1/4 c.

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

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: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

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 raw product. Replace gloves after handling any other object.

Chop all filling ingredients before beginning to cook and assemble omelets.

Heat skillet, spray lightly with oil.

Add 2 oz ladle of liquid egg to hot pan. Add desired filling ingredients (except cheese) to separate pan to saute until hot. Add hot ingredients to egg pan once egg is set. Fold egg over ingredients. Garnish with cheese.

CCP: Heat to 165° F or higher for at least 15 seconds

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Omelet Bar

Serving Size: 1.00 Omelet

Yield: 50.00

Nutrition Facts

Serving Size 1 Omelet
Serving Weight 71.084 gm

Amounts Per Serving

Calories 109.571 kcal

Total Fat 7.835 gm

Saturated Fat 2.990 gm*

Trans Fat 0.066 gm*

Cholesterol 177.343 mg

Sodium 164.247 mg

Potassium 98.606 mg*

Carbohydrates 1.555 gm

Fiber 0.225 gm

Sugars 0.698 gm

Protein 7.955 gm

Iron 0.950 mg*

Calcium 64.906 mg*

Vitamin A (IU) 460.613 iu*

Vitamin C 2.629 mg*

Vitamin D 1.207 mcg*

Saturated Fat % of Calories
24.56%*

* = 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

Allergens

Eggs, Milk

Attributes

Contains Pork

Made from Scratch

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.

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

CCP: Record time and internal temperature of completed recipe on daily log.