

Veggie Breakfast Burrito

Recipe:	R-3785	HACCP Process:	Same Day Service		
# of Servings:	100.00	Serving Size:	1 Piece	Source:	Mushroom Council
Grams Per Serving:	239.25	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
USDA Frozen Liquid Egg Material#100045	12 LB	1. Pre-Prep 5 Days prior to service: Pull eggs from freezer. Open cases and remove cartons from case. Place cartons on sheet pans with space between to allow for thawing. Place pans on lowest available shelf in cooler to thaw. Wash hands thoroughly. CCP: Hold below 41°F
USDA WGR Tortilla, Material #100394	100 TORTILLA	2. Prep: 1 Day prior to service: Pull tortillas from freezer. Place on a sheet pan in single layer. Place in cooler overnight to thaw. CCP: Hold below 41°F
Sliced Fresh Jalapeno's	1 QUART SLICED	3. Prep: Remaining Ingredients
Fresh Sliced Mushrooms, RTU	6 LB + 4 OZ	
Fresh Diced Bell Peppers, Mixed, RTU	8 LB	
Potato, Tots, Low Sodium, McCain/Ore-Ida 02789	2 BAG, 5 LB	
USDA Shredded Cheddar Cheese, R/F, Material #100012	6 LB + 4 OZ	
Pan Spray	1 OZ	4. Pre-Prep: Pull 3 shallow steam table pans and place at workstation. Spray completely with butter flavored pan spray. Pull thawed eggs from cooler and place at workstation. Wash hands thoroughly and cover with gloves. CCP: Prepare foods at room temperature in two hours or less.
		5. Prep: Empty eggs into steamtable pans, using 4 pounds per pan.
		6. Cook: Cover eggs and place in preheated 325°F convection or combi oven. Bake for 10 minutes, whisk eggs. Bake for an additional 5 minutes or until an internal temperature of 165°F is reached. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds
		7. Prep: Pull tortillas, mushrooms, diced peppers, sliced jalapenos and cheese from cooler. Open bags of cheese and place in a food safe container. Place in assembly line. Open tortillas and place in food safe container. Place in assembly line. Wash hands thoroughly and cover with gloves. CCP: Prepare foods at room temperature in two hours or less

8. Prep:
 Pull 1 sheet of foil wrap.
 Place 1 tortilla on foil.
 In the middle of the tortilla, place ¼ cup scrambled eggs using #16 disher.
 Top with ¼ cup tots using a 2 oz. spoodle.
 Add 1/8 cup diced peppers to each using a #30 disher.
 Add 7 slices of mushrooms to each, add 3 - 4 slices of jalapenos.
 Top with 1 oz. of shredded cheese using a 2 oz. spoodle.
 Roll up and gently fold in ends of tortilla, then wrap tightly.
 Fold over foil wrap and crimp edges.
 Place flat in steamtable pans, layer with parchment paper up to 4 layers.
 Place in warmer.

CCP: Hold above 135°F
CCP: Batch cook as necessary to insure best end product and nutritional.

9. Serve:
 Serve one very veggie breakfast burrito.

CCP: Hold above 135°F

Notes:

Production Notes: Note: all meal components are based on the FBG and manufacturer's product formulation statements as wells as USDA Foods fact sheets.
 Note: if not wrapping in foil, covering the burritos during holding with a bun bag keeps the tortillas from drying out.

Serving Notes: Each serving of 1 veggie breakfast burrito provides 3 oz. eq. meat/meat alternative, 1.5 oz. eq. wgr grain, ¼ cup other vegetable and ¼ cup starchy vegetable.
 Each serving weighs 8.5 ounces or 239.25 grams.
 A hearty vegetarian addition to Brunch 4 Lunch or All Day Breakfast

Nutrients Per Serving:		(per 1 Piece)			
Calories	351.601	Trans Fat (gm)	0.000	Iron (mg)	1.532*
Protein (gm)	18.304	Chol (mg)	253.280	Calc (mg)	262.311*
Carb (gm)	34.303	Vit A (IU)	656.031	Sodium (mg)	601.830
Tot Fat (gm)	16.858	Vit C (mg)	34.040*	Fiber (gm)	3.636
Sat Fat (gm)	7.234			Sugars (gm)	2.432

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

Meal Components:		(per 1 Piece)					
		Vegetables (Cups)					
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	0.250	Other	0.250
Whole Grain- Rich (Oz. Eq.)	1.5	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.5	Fluid Milk (Cups)		

Allergens:

Milk, Eggs, Wheat



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.