

Brande's Omelette

Servings:	25.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46811
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Spinach	1	BAKE	15R76
Raw, Whole eggs	1		
Shredded Cheddar Cheese	1 Ounce		100003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.00

Amount Per Serving			
Calories	5.00		
Fat	0.36g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	9.00mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available