

Breakfast Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.	533034
TORTILLA FLOUR 6IN	1 Each	Ready to serve.	713320

Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

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

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	260.00
Fat	15.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	255.00mg
Sodium	580.00mg
Carbohydrates	15.50g
Fiber	0.00g
Total Sugar	2.50g
Added Sugar	1.00g
Protein	14.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 112.00mg	Iron 2.08mg

Nutrition - Per 100g

No 100g Conversion Available
