

Breakfast Burrito

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49193
School:	Walton-Verona Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/CHS	1 Each	BAKE Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.	125046

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.500
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	208.00
Fat	7.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	399.00mg
Carbohydrates	25.00g
Fiber	3.30g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	10.30g
Vitamin A 242.25mcg	Vitamin C 0.99mg
Calcium 122.64mg	Iron 2.01mg

Nutrition - Per 100g

No 100g Conversion Available