

Cheese Omelet w/ Cinnamon Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.	240080
Pillsbury Cinnamon Roll Dough, Whole Grain, 2.87 oz	1 Each	Place frozen roll dough smooth side facing downward, on parchment lined baking sheet. Bake times will vary by oven type and quantity of product in oven. Rolls are fully baked when center curl springs back when lightly touched. Allow to cool if icing or finishing	119090

Preparation Instructions

Cook both egg omelet and cinnamon rolls according to above package instructions.

CCP: Hold at 135F or higher.

Serve one omelet with a cinnamon roll right onto the tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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	390.00
Fat	22.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	660.00mg
Carbohydrates	37.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	10.00g
Protein	13.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 102.70mg	Iron 2.70mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available