

Egg & Cheese Omelet



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-56990

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	5 Pound		192330
Cheddar Cheese shredded	1 Cup		150250
Black Pepper	1 Tablespoon	BAKE	24108
1% White Milk	1 Pint		13871

Preparation Instructions

using liquid eggs, gently shake or stir to blend.

Cook eggs

Lightly spray pan or cooking surface with non-stick spray.

Pour measured egg and cheese portion into pan and cook until eggs begin to set.

Finish cooking

Continue cooking until eggs reach an internal temperature of 160°F for 15 seconds.

Cut evenly into 24 equal squares.

AP: 01/12/26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	0.000
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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	158.50
Fat	10.21g**
Saturated Fat	3.47g
Trans Fat	0.00g
Cholesterol	317.96mg
Sodium	443.62mg
Carbohydrates	4.25g
Fiber	0.00g
Total Sugar	0.92g
Added Sugar	0.00g
Protein	10.68g
Vitamin A 0.83mcg RAE**	Vitamin C 0.17mg**
Calcium 62.80mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	137.52
Fat	8.86g**
Saturated Fat	3.01g
Trans Fat	0.00g
Cholesterol	275.89mg
Sodium	384.92mg
Carbohydrates	3.69g
Fiber	0.00g
Total Sugar	0.80g
Added Sugar	0.00g
Protein	9.26g
Vitamin A 0.72mcg RAE**	Vitamin C 0.14mg**
Calcium 54.49mg	Iron 0.00mg

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