

Breakfast Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48321
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
TORTILLA FLOUR 6IN	1 Each		713320
BACON CKD THN SLCD	2 Slice		874124

Preparation Instructions

Omelet:

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

Assembly:

Place 6" tortilla on foil sheet. place omelet patty on tortilla, fold tortilla in half. Wrap in foil sheet.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Each

Amount Per Serving	
Calories	246.67
Fat	15.80g
Saturated Fat	5.90g
Trans Fat	0.02g
Cholesterol	171.67mg
Sodium	627.07mg
Carbohydrates	15.00g
Fiber	0.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	11.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 105.00mg	Iron 2.12mg

Nutrition - Per 100g

No 100g Conversion Available