

Breakfast Egg Taco

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-58688
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	5 Pound	N/A	533034
TORTILLA FLOUR ULTRGR 6"	40 Each		882690

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes.

CONVECTION OVEN: 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes

CONVENTIONAL OVEN: 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

Tortilla: Place package in warmer to warm.

For service: Place 2 ounce weight of scrambled eggs in tortilla.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	12.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	355.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	10.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 84.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	370.37
Fat	21.16g
Saturated Fat	8.82g
Trans Fat	0.00g
Cholesterol	299.82mg
Sodium	626.10mg
Carbohydrates	28.22g
Fiber	3.53g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	17.64g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 148.15mg	Iron 3.03mg