

Colby Omelet with Toast



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|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44337 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|---|------------|
| EGG OMELET CHS COLBY | 1 Each | ONVECTION: 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 |
| Toast Option | 1 Serving | Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service. | R-44246 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 3.000 |
| 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 | 250.00 |
| Fat | 18.00g |
| Saturated Fat | 4.75g |
| Trans Fat | 0.00g |
| Cholesterol | 165.00mg |
| Sodium | 425.00mg |
| Carbohydrates | 14.00g |
| Fiber | 1.00g |
| Total Sugar | 1.00g |
| Added Sugar | 1.00g |
| Protein | 10.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 117.50mg | Iron 2.00mg |

Nutrition - Per 100g

No 100g Conversion Available