

Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Sep 13, 2013

000128 - School Food Egg Sandwich :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 36

Size of Portions: Servings

000171R School Food Oven Baked Eggs.....	2 lbs + 4 ozs
018261 ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL G..	36 muffin
902394 CHEESE, CHEDDAR, YELLOW, slices.....	2 lbs + 4 ozs

Prepare School Food Oven Baked Eggs.

Pre-heat convection oven to 325°F (375° for conventional oven)

2. Split english muffins in half and place cut side up on sheet pan lined with parchment paper.

3. Toast in oven. Just before muffins are ready, place 1 slice of cheese on top side and toast again until cheese melts.

4. Scoop 1 oz of eggs onto other side of english muffin and place the other half (with melted cheese) on top.

5. Serve immediately or hold according to HACCP SOP

CCP: Hold at 135° F or higher.

EQUIPMENT:

1-Full size sheet pan

1-Sheet of parchment paper

1-1 oz. spoodle

Gloves

1-Metal spatula for plating

*Nutrients are based upon 1 Portion Size (Servings)

Calories	317	kcal	Cholesterol	148	mg	Protein	16.46	g	Calcium	353.66	mg	39.84%	Calories from Total Fat
Total Fat	14.05	g	Sodium	592	mg	Vitamin A	92.0	RE	Iron	2.70	mg	20.79%	Calories from Sat Fat
Sat Fat	7.33	g	Carbs	31.48	g	Vitamin A	448.0	IU	Water ¹	*23.61*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	1.83	g	Vitamin C	0.0	mg	Ash ¹	*1.93*	g	39.68%	Calories from Carbs
												20.75%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.