

# Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

## 000178 - School Food Vegetable Frittata : Breakfast

HACCP Process: #3 Complex Food Preparation

Number of Portions: 32

Size of Portions: Servings

050385 OIL, VEGETABLE.....	3 Tbsp
011282 ONIONS,RAW.....	1 qt + 2 CUPS (chopped)
011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW....	2 qts + 2 CUPS (chopped)
001123 EGG,WHOLE,RAW,FRESH.....	2 QUARTS
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 Tbsp
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..	1 lb

Preheat convection oven to 325° F. (350° for conventional oven.

1. Coat hotel pan well with oil, being sure to get good coverage in the corners.
2. Toss vegetables in the pan with remaining oil, 1 tsp salt and 1/2 tsp of pepper.
3. Roast vegetables for 7-10 minutes.
4. Mix eggs and cheese together in the hotel pan on top of the vegetables and season with ramaining salt and pepper. Stir to combine the eggs and the vegetables.
5. Bake in pre-heated oven until frittata reaches an internal temperature of 160° F according to HACCP SOP, approximately 20-25 minutes.
6. Portion 4 X 8 to yield 32 servings and serve immediately according to HAACP SOP. If cooking for next day service, chill according to HAACP SOP  
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  
CCP: Hold for hot service at 135° F or higher

Notes:

Other vegetables can be substituted and cheese may be omitted.

### EQUIPMENT:

1-full size 2 inch hotel pan

1-Whisk

1-Measuring spoons, full set

1- Dry measuring cups, full set

**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.

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\*Nutrients are based upon 1 Portion Size (Servings)

Calories	169	kcal	Cholesterol	228	mg	Protein	11.52	g	Calcium	147.68	mg	61.67%	Calories from Total Fat
Total Fat	11.57	g	Sodium	395	mg	Vitamin A	150.7	RE	Iron	1.31	mg	26.72%	Calories from Sat Fat
Sat Fat	5.01	g	Carbs	4.66	g	Vitamin A	529.2	IU	Water <sup>1</sup>	*106.99*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	D. Fiber	0.92	g	Vitamin C	9.2	mg	Ash <sup>1</sup>	*1.51*	g	11.05%	Calories from Carbs
												27.28%	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

<sup>1</sup> - denotes optional nutrient values

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