

Recipe Prep Sheet

American Dairy Association North East

990133 - Western Breakfast Egg Sandwich

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 48

Portion Size: 1 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
011823	PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1 1/2 cup	No Instructions Assigned
002030	PEPPER,BLACK	2 tsp, ground	
990074	TACO SEASONING MIX, MILD	1 1/2 oz	
902003	EGG SUBSTITUTE,FROZEN	3 LB	
119045	Pepper Jack Cheese Slice	3 LB	
121762	WG Star Sandwich Thin	48 Sandwich Thin	
			<p>Steps:</p> <ol style="list-style-type: none"> 1. Puree roasted red peppers and add seasonings and mix well. Set aside. 2. Scrambled eggs according to manufacturer's directions. 3. To build sandwich,layer bottom half of sandwich thin with 1oz scrambled egg,1/2 teaspoon roasted red pepper mixture and 1 cheese slice. Cover with top half of sandwich thin. 4. Heat sandwich in 350 degrees in oven 4-6 minutes or until cheese is melted and sandwich is heated through. <p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p>

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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 (1 sandwich)

Calories ¹	321.255 kcal	Total Fat	13.303 g	Total Dietary Fiber	2.147 g	Vitamin C	10.561 mg	37.268% Calories from Total Fat
Saturated Fat ¹	6.629 g	Trans Fat ²	*0.000* g	Protein	15.397 g	Iron	*0.658* mg	18.572% Calories from Sat Fat
Sodium ¹	641.222 mg	Cholesterol	25.880 mg	Vitamin A	1374.426 IU	Water	*26.128* g	*0.000%* Calories from Trans Fat
Sugars	*3.255* g	Carbohydrate	31.931 g	Calcium	751.664 mg	Ash	*N/A* g	39.758% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.171% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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