

Chef Brenda, RDN

Recipe: 000204 Corney Huevos Rancheros

Recipe HACCP Process: #2 Same Day Service

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: See Instruction

902488 USDA (P) Pre-Cooked Scrambled Eggs - 40827+..... 902444 USDA Black Beans #100359+..... 902365 Cilantro, Fresh..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+... 119030 CHIPS, TORTILLA, WHOLE CORN.....	6 1/4 LB 25 CUP 3 1/8 CUP 3 1/8 LB 6 1/4 LB	PREPARE INGREDIENTS: Thaw eggs completely in the refrigerator. Drain black beans, do not rinse. Chop cilantro. Shred cheese. Optional: For easier and faster service, place 1 ounce grain equivalent of tortilla chips in serving boats or baggies.
002020 GARLIC POWDER.....	2 TBSP	SEASON SCRAMBLED EGGS: Toss scrambled eggs with garlic powder.
902447 USDA Corn, Frozen, Whole Kernel, 30# 100348+..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 902460 USDA, Salsa, Low-Sodium, Canned 100330+..... 002020 GARLIC POWDER..... 799902 CUMIN,GROUND.....	4 5/8 LB 2 1/4 LB 12 1/2 CUP 1/4 CUP 1/4 CUP	PREPARE BEAN MIXTURE: In a large tilt skillet or pot, cook eggs, corn, drained black beans, onions, salsa, garlic powder, and cumin. Stir well. Heat mixture on medium-high, stirring frequently. Add water if needed. Cook until temperature reaches 165 °F and onions are opaque. NOTE: Mixture will have very little fluid content, so it is important to stir frequently and maintain an appropriate temperature.
799934 PEPPERS,JALEPENO,CND,DRND.....	1 3/4 CUP	ASSEMBLE, HUEVOS RANCHEROS: Place 1/3 cup (#12 scoop) of bean mixture in serving cups or bowls. Garnish with 0.5 ounce cheese, 1 jalapeno slice, and ½ tablespoon cilantro.

*Nutrients are based upon 1 Portion Size (See Instruction)

Calories	316 kcal	Cholesterol	117.50 mg	Sugars	*1.31* g	Calcium	*223.33* mg	38.22%	Calories from Total Fat
Total Fat	13.40 g	Sodium	465.05 mg	Protein	12.88 g	Iron	*3.73* mg	10.93%	Calories from Saturated Fat
Saturated Fat	3.83 g	Carbohydrates	37.37 g	Vitamin A	*447.79* IU	Water ¹	*11.89* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.47 g	Vitamin C	*1.98* mg	Ash ¹	*0.16* g	47.37%	Calories from Carbohydrates
								16.32%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.5 oz				? - Milk
Grain.....	1 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.5 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902488	USDA (P) Pre-Cooked Scrambled Eggs - 40827+			
I	902444	USDA Black Beans #100359+			
I	902365	Cilantro, Fresh			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	119030	CHIPS, TORTILLA, WHOLE CORN			
I	002020	GARLIC POWDER			
I	902447	USDA Corn, Frozen, Whole Kernel, 30# 100348+			
I	011288	ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SAL			
I	902460	USDA, Salsa, Low-Sodium, Canned 100330+			
I	002020	GARLIC POWDER			
I	799902	CUMIN,GROUND			
I	799934	PEPPERS,JALEPENO,CND,DRND			

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