

Chef Brenda, RDN

Recipe: 000207 Ham & Cheese Strata

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Square

902480 USDA Ham, Water Added, Fully Cooked #100184+..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+... 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED.....	4 LB 4 1/4 LB 3 1/8 LB 1 5/8 LB	Preheat convection oven to 325°F. PREPARE INGREDIENTS: Dice ham. Thaw onions and drain. Cut bread into small squares. Shred cheese.
018075 BREAD,WHOLE-WHEAT,COMMLY PREP..... 902468 USDA Eggs, Pasteurized, Whole 100046+..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002026 ONION POWDER..... 002020 GARLIC POWDER.....	100 OZ 10 1/2 CUP 6 CUP 1/4 CUP 1/4 CUP	PREPARE STRATTA AND PARTIALLY BAKE: For each 100 servings, line four deep steam table pans with parchment paper and spray well with cooking spray. Spread 25 diced slices of bread evenly on the bottom of each pan. Divide ham into 1 pound portions and onions into 1.06 pound portions. Top each pan of bread evenly with 1 pound of ham and 1.06 pounds of onions. In a mixer, using the whisk attachment, combine eggs, milk, onion powder, and garlic powder. Divide egg mixture evenly into 4-cup portions; pour respective portion into each pan. Let it stand for 30 minutes in the refrigerator. Spray foil with cooking spray and cover strata. Cook covered strata for 30 minutes.
902460 USDA, Salsa, Low-Sodium, Canned 100330+.....	12 1/2 CUP	PREPARE CHEESE MIXTURE: Toss cheddar and mozzarella cheeses together. Divide cheese evenly into four portions. TOP WITH CHEESE AND FINISH BAKING: Remove from the oven and take off foil. Top each strata with cheese. Continue baking strata for 7-10 more minutes. Let stand for 5 minutes before cutting. Cut each pan into 25 portions (5x5). Serve with 2 tablespoons of salsa.

***Nutrients are based upon 1 Portion Size (1 Square)**

Calories	218 kcal	Cholesterol	118.25 mg	Sugars	*3.58* g	Calcium	238.83 mg	38.76%	Calories from Total Fat
Total Fat	9.39 g	Sodium	500.53 mg	Protein	15.16 g	Iron	1.88 mg	18.65%	Calories from Saturated Fat
Saturated Fat	4.52 g	Carbohydrates	17.98 g	Vitamin A	396.78 IU	Water ¹	*42.04* g	*0.02%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	3.13 g	Vitamin C	1.20 mg	Ash ¹	*0.85* g	32.98%	Calories from Carbohydrates
								27.80%	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..... 2.25 oz					? - Milk
Grain..... 1 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.125 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	902480	USDA Ham, Water Added, Fully Cooked #100184			
I	011288	ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WQ/SAL			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	050346	CHEESE, CHEDDAR, YELLOW, SHREDDED			
I	018075	BREAD,WHOLE-WHEAT,COMMLY PREP			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	902460	USDA, Salsa, Low-Sodium, Canned 100330+			

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