

Chef Brenda, RDN

Recipe: 000219 Idaho Potato and Eggs with Toa

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Recipe HACCP Process:

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

011391 POTATOES,HASHED BROWN,FRZ,PLN,PREP..... 902496 PEPPERS,SWT, GREEN,FRZ,CHOPD,UNPREP..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+...	6 1/8 LB 3 1/2 LB 4 1/4 LB 3 1/8 LB 3 1/8 LB	Preheat convection oven to 325°F. PREPARE INGREDIENTS: Thaw hash browns, green peppers, and onions; drain any liquid. Shred cheese. Prepare toast in toaster or oven. ROAST VEGETABLES: Divide vegetables into 25 servings and place each portion into a deep steam table pan (4 pans total); generously spray vegetables with cooking spray. Roast vegetables in the oven for 7-10 minutes. Remove vegetables from the oven, toss, and roast for 7-10 more minutes if needed. Let cool for 10 minutes.
902468 USDA Eggs, Pasteurized, Whole 100046+..... 902474 Yogurt, Plain, Fat Free..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002020 GARLIC POWDER..... 901031 MUSTARD,POWDER/DRY..... 903630 PEPPER, CAYENNE, GROUND..... 006971 SAUCE,WORCESTERSHIRE.....	10 1/2 CUP 8 CUP 4 CUP 1/2 CUP 1/4 CUP 1/8 TSP 1/4 CUP	PREPARE EGG MIXTURE AND PARTIALLY BAKE: In a mixer, using the whisk attachment, combine eggs, yogurt, milk, garlic powder, dry mustard, cayenne, and Worcestershire sauce. Divide egg mixture evenly into four portions. For each pan of roasted vegetables, pour one portion of egg mixture over the roasted vegetables and gently combine all ingredients. Cover with foil and bake for 30 minutes. PREPARE CHEESE MIXTURE: Toss cheddar and mozzarella cheeses together. Divide cheese evenly into four portions.
902460 USDA, Salsa, Low-Sodium, Canned 100330+..... 018076 BREAD,WHOLE-WHEAT,COMMLY PREP,TSTD.....	12 1/2 CUP 100 slice	COOK AND SERVE IDAHO POTATO AND EGGS WITH TOAST: Remove from the oven and top each pan of Idaho Potato and Eggs with a portion of the cheese. Bake uncovered for 10-15 more minutes. Remove from the oven and let sit for 5 minutes before cutting. Cut each pan into 25 servings (5x5 portions). Serve hot with warm toast and 2 tablespoons of salsa on the side of each serving.

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

Calories	309 kcal	Cholesterol	117.91 mg	Sugars	*3.67* g	Calcium	314.98 mg	42.69%	Calories from Total Fat
Total Fat	14.65 g	Sodium	404.07 mg	Protein	16.59 g	Iron	2.14 mg	17.80%	Calories from Saturated Fat
Saturated Fat	6.11 g	Carbohydrates	28.60 g	Vitamin A	845.49 IU	Water ¹	*63.50* g	*0.75%*	Calories from Trans Fat
Trans Fat ²	*0.26* g	Dietary Fiber	4.91 g	Vitamin C	12.59 mg	Ash ¹	*1.66* g	37.04%	Calories from Carbohydrates
								21.49%	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 oz				? - Milk
Grain.....	1 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.375 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	011391	POTATOES,HASHED BROWN,FRZ,PLN,PREP			
I	902496	PEPPERS,SWT.GREEN,FRZ,CHOPD,UNPREP			
I	011288	ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SAL			
I	050346	CHEESE, CHEDDAR, YELLOW, SHREDDED			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	902474	Yogurt, Plain, Fat Free			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002020	GARLIC POWDER			
I	901031	MUSTARD,POWDER/DRY			
I	903630	PEPPER, CAYENNE, GROUND			
I	006971	SAUCE,WORCESTERSHIRE			
I	902460	USDA, Salsa, Low-Sodium, Canned 100330+			
I	018076	BREAD,WHOLE-WHEAT,COMMLY PREP,TSTD			

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