

Chef Brenda, RDN

Recipe: 000237 Rocky Mntn Breakfast Burrito

Recipe HACCP Process: #2 Same Day Service

Recipe Source: ISDE
 Recipe Group: BREAKFAST

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

902488 USDA (P) Pre-Cooked Scrambled Eggs - 40827+..... 902444 USDA Black Beans #100359+..... 799935 PEPPERS,MILD GRN CHILI,CND,DRND..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+...	3 1/8 LB 25 CUP 12 1/2 CUP 3 1/8 LB	Preheat convection oven to 350°F. PREPARE INGREDIENTS: Thaw eggs completely in refrigerator. Drain and rinse black beans. Drain chili peppers. Shred cheese.
902465 USDA Tortilla, Whole Grain, 8" 100938+.....	100 Tortilla	HEAT TORTILLAS: Do not remove tortillas from their plastic bag. Place tortillas in the warmer for 1 hour or until warm. If tortillas begin to stick together, remove them from their plastic bag and microwave for 1 minute and use immediately.
002020 GARLIC POWDER.....	2 TBSP	SEASON SCRAMBLED EGGS: Toss scrambled eggs with garlic powder.
900771 GARLIC, FLAKES..... 902540 ONIONS, DEHYDRATED..... 799902 CUMIN,GROUND.....	1/3 CUP 1/3 CUP 1/3 CUP	PREPARE BEAN MIXTURE: Toss seasoned eggs, drained black beans, green chiles, garlic flakes, dehydrated onions, and cumin until well combined.
902460 USDA, Salsa, Low-Sodium, Canned 100330+.....	12 1/2 CUP	ASSEMBLE AND HEAT BURRITOS: Place warm tortillas on individual foil sheets. Place 1/3 cup of bean mixture, 1 ounce eggs, and 0.5 ounce of cheese in the center of each tortilla and wrap into a burrito shape. Wrap the foil around the burrito. Line wrapped burritos in a single layer on baking sheets and heat for 15-20 minutes. Serve salsa on the side.

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

Calories	258 kcal	Cholesterol	62.50 mg	Sugars	*1.00* g	Calcium	248.96 mg	25.45%	Calories from Total Fat
Total Fat	7.29 g	Sodium	668.63 mg	Protein	12.92 g	Iron	2.34 mg	9.79%	Calories from Saturated Fat
Saturated Fat	2.80 g	Carbohydrates	35.16 g	Vitamin A	273.42 IU	Water ¹	*18.58* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.06 g	Vitamin C	7.72 mg	Ash ¹	*0.32* g	54.56%	Calories from Carbohydrates
								20.06%	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 oz				? - Milk
Grain.....	1.5 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	799935	PEPPERS,MILD GRN CHILI,CND,DRND			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902465	USDA Tortilla, Whole Grain, 8" 100938+			
I	002020	GARLIC POWDER			
I	900771	GARLIC, FLAKES			
I	902540	ONIONS, DEHYDRATED			
I	799902	CUMIN,GROUND			
I	902460	USDA, Salsa, Low-Sodium, Canned 100330+			

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