

# LunchByte Systems, Inc. 800-724-9853

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Recipe

Jul 29, 2013

**Recipe: 000011 Egg Taco**

Recipe Source:

Recipe Group: BREAKFAST

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:

Number of Portions: 50

Size of Portion: Tacos

001123 EGG,WHOLE,RAW,FRESH..... 011282 ONIONS,RAW.....	50 large 1/2 CUP, chopped	Beat eggs. Add diced onions. Pour into steam table pan (1/2 pan for 24 servings and full pan for 50 servings) sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs once they reach an internal temperature of 160° F. Reserve for Step C.
990074 TACO SEASONING MIX, MILD.....	3/4 OZ	Stir Mexican seasoning and cheese into the egg mixture. Hold at 135° F or above.
050344 CHEESE, CHEDDAR, WHITE, REDUCED FAT, SHREDDED... 018360 TACO SHELLS,BAKED.....	1 LB 50 medium ( 5" dia)	Portion #10 scoop of egg mixture into each taco shell. Transfer tacos to 12 x 20 x 4 inch steam table pan.
		Heat convection oven to 300° F. Bake tacos 3-5 minutes or until tacos are heated through.

\*Nutrients are based upon 1 Portion Size (Tacos)

Calories	158	kcal	Cholesterol	191.12	mg	Protein	9.69	g	Calcium	123.83	mg	51.59%	Calories from Total Fat
Total Fat	9.08	g	Sodium	216.17	mg	Vitamin A	112.21	RE	Iron	1.16	mg	19.37%	Calories from Saturated Fat
Saturated Fat	3.41	g	Carbohydrate	8.93	g	Vitamin A	355.74	IU	Water <sup>1</sup>	*40.47*	g	*0.10%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.02*	g	Dietary Fiber	0.64	g	Vitamin C	0.36	mg	Ash <sup>1</sup>	*0.87*	g	22.55%	Calories from Carbohydrates
												24.49%	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

<sup>1</sup> - denotes optional nutrient values

**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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<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Allergen 1
Grain.....	srv.				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	fl. oz.				? - Allergen 5
<u>Moisture &amp; Fat Change</u>					? - Allergen 6
Moisture Change	%				? - Allergen 7
Fat Change.....	%				? - Allergen 8
Type of Fat.....					

## Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	011282	ONIONS,RAW			
I	990074	TACO SEASONING MIX, MILD			
I	050344	CHEESE, CHEDDAR, WHITE, REDUCED FAT,			
I	018360	TACO SHELLS,BAKED			

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