

Kentucky Dept. of Education

001357 - Southwest Frittata Stfd Pepper

Recipe HACCP Process: #2 Same Day Service

Source: Owen County
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.75 Cup
 Milk: 0 Cup

011821 Peppers, Bell, halved and seeded..... 903604 Bacon..... 007036 Hot Sausage..... 011292 Scallions, chopped..... 011260 MUSHROOMS,RAW..... 903893 EGGS..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D..... 799941 SPINACH,RAW..... 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 009193 Black Olives, drained , rinsed and sliced..... 042155 CHEESE,MONTEREY,LOW FAT..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 002020 GARLIC POWDER..... 002031 PEPPER,RED OR CAYENNE.....	48 medium (2-3/4" x 2-1/2") 2 LB 4 LB 4 CUP 4 CUP, pieces 48 Each 4 CUP 4 CUP, chopped 8 Large, diced 2 CUP 8 CUP, shredded 6 TSP 2 TSP, ground 4 TSP 1 TSP	Preheat oven to 350 degrees. Wash peppers, cut in halves and seed set aside. In a skillet, prepare the bacon until crisp. Remove from skillet and place on paper towel lined plates to cool. In same skillet, brown sausage, scallions and mushrooms. Cook until reaches temperature of 165 degrees. Remove from skillet and drain. In large bowl, combine eggs, milk, spinach, tomato, olives, 4 cups cheese, salt, peppers, and garlic powder. Add cooked, crumbled bacon and sausage, mix well. Lay peppers in lightly greased baking pans. Divide egg mixture evenly between pepper halves and top with remaining cheese. Bake 40-50 minutes or until golden brown. Hold at 135 degrees or higher for service. Serve 2 pepper halves.
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*Nutrients are based upon 1 Portion Size (Serving)

Calories	416 kcal	Cholesterol	*41.99* mg	Sugars	*6.60* g	Calcium	*189.04* mg	64.77%	Calories from Total Fat
Total Fat	29.91 g	Sodium	1127.24 mg	Protein	23.57 g	Iron	*1.54* mg	24.63%	Calories from Sat Fat
Saturated Fat	11.37 g	Carbohydrate	10.78 g	Vitamin A	*4703.37* IU	Water ¹	*196.21* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.27* g	Vitamin C	*157.85* mg	Ash ¹	*3.54* g	10.37%	Calories from Carbohydrates
								22.68%	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.