



000650 - FRITTATA, WHITE BEANS & GREENS

Source: CHEF V, VERMONT

Number of Portions: 48

Size of Portion: EACH

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
010994 BACON,PRE-SLICED,REDUCED/LOW NA,UNPREP.....	8 slice	To Cook: 1. Preheat oven to 325 F. Spray non-stick spray on two 2" full steamtable pans. 2. Cook bacon in a large skillet or tilt skillet over medium heat until crispy, about 10 minutes. Drain on paper towel. Cut into 1/8" pieces.
050550 BEANS, CANNED, GREAT NORTHERN, LOW-SODIU... 902845 SWISS CHARD, RAW.....	1 qt + 1/2 cup 1 lb	3. Drain and rinse beans. 4. Rinse chard, but do not dry. Trim tough stem ends and discard. Cut leaves and small stems into rough 1" pieces.
004698 OIL, CANOLA..... 011282 ONIONS,RAW.....	1/4 cup 2 CUPS (chopped)	5. Heat oil in a large skillet or tilt skillet. Add chopped onions and cook until translucent, 8-10 minutes. Add bacon and chard. Cook, stirring occasionally until chard begins to wilt, about 5 more minutes. Remove from heat and set aside.
001123 EGG,WHOLE,RAW,FRESH..... 900771 GARLIC,GRANULATED..... 902826 SALT, KOSHER..... 002030 PEPPER,BLACK..... 902581 CHEESE, CHEDDAR, SHREDDED, RS, RF, LOL.....	50 large 2 tsp 2 tsp 1/4 tsp 3 cups	6. Whisk eggs in a large bowl. Add garlic powder, salt, and pepper. Whisk until well combined. Stir in 2.5 cups of cheese. 7. Divide the egg mixture evenly among prepared pans. Evenly distribute half the chard and half the beans on top of the egg mixture in each pan. Sprinkle each pan with 1/4 cup cheese. 8. Bake until a knife inserted in the center comes out clean and the top is beginning to brown. CCP: Heat to 155° F or higher for at least 15 Seconds
		To Serve: 1. Cut each pan into 24 pieces. CCP: Hold at 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (EACH)

Calories	157 kcal	Cholesterol	198 mg	Protein	11.37 g	Calcium	53.47 mg	53.38%	Calories from Total Fat
Total Fat	9.31 g	Sodium	254 mg	Vitamin A	*163.0* RE	Iron	1.59 mg	*15.15%*	Calories from Saturated Fat
Saturated Fat	*2.64* g	Carbohydrates	6.67 g	Vitamin A	*1167.6* IU	Water ¹	*56.20* g	*0.06%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	1.55 g	Vitamin C	3.5 mg	Ash ¹	*1.10* g	16.99%	Calories from Carbohydrates
								28.97%	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

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	YES	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							