

BREAKFAST BURRITO

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
302 cal	26 g	16 g	14 g	167 mg	499 mg	170 mg

Ingredient

EGG WHITES,FROZEN,THAWED
 EGGS,WHOLE,FROZEN
 CHEESE,CHEDDAR,SHREDDED
 SAUSAGE,PORK,COOKED,DICED
 TOMATOES,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 OREGANO,CRUSHED
 COOKING SPRAY,NONSTICK
 COOKING SPRAY,NONSTICK
 TORTILLAS,FLOUR,8 INCH

Weight

7-1/2 lbs
 7-1/2 lbs
 2-2/3 lbs
 2 lbs
 2 lbs
 1 lbs
 1/3 oz
 1/2 oz
 2 oz
 2 oz
 9-1/2 lbs

Measure

3 qts 2 cup
 3 qts 2 cup
 2 qts 2-5/8 cup
 1 qts 1 cup
 2-5/8 cup
 1 tbsp
 3 tbsp
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 100 each

Issue

2 lbs
 1 lbs

Method

- 1 Combine egg whites and eggs. Blend thoroughly.
- 2 Combine cheese, sausage, tomatoes, onions, pepper and oregano; mix thoroughly.
- 3 Lightly spray griddle with non-stick cooking spray. Pour about 1 quart egg mixture on 325 F. lightly sprayed griddle. Cook until partially set. Add 6 ounces cheese-sausage mixture. Cook until cheese is melted and eggs are firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place tortillas on lightly sprayed griddle; heat 30 seconds on each side.
- 5 Place about 1/2 cup cooked egg mixture in center of each tortilla; fold tortilla to cover eggs and form burrito.
- 6 CCP: Hold for service at 140 F. or higher.

Notes

- 1 In Step 2, 3-1/4 pounds (1/2 No. 10 can) of canned diced tomatoes may be used per 100 portions. Drain before using.