

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
EGG WHITES,FROZEN,THAWED	7-1/2 lbs	3 qts 2 cup	
EGGS,WHOLE,FROZEN	7-1/2 lbs	3 qts 2 cup	
CHEESE,CHEDDAR,SHREDDED	2-2/3 lbs	2 qts 2-5/8 cup	
SAUSAGE,PORK,COOKED,DICED	2 lbs		
TOMATOES,FRESH,CHOPPED	2 lbs	1 qts 1 cup	2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-5/8 cup	1 lbs
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TORTILLAS,FLOUR,8 INCH	9-1/2 lbs	100 each	

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.