

**PLAIN OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	1 g	11 g	10 g	392 mg	121 mg	54 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
COOKING SPRAY,NONSTICK

**Weight**

20 lbs  
2 oz

**Measure**

2 gal 1-1/3 qts  
1/4 cup 1/3 tbsp

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend yolks and whites.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.