

PLAIN OMELET (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
93 cal	1 g	10 g	5 g	196 mg	132 mg	30 mg

Ingredient

EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 COOKING SPRAY,NONSTICK

Weight

10 lbs
 10 lbs
 2 oz

Measure

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

Issue

Method

- 1 Thaw eggs and egg whites; place 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.