

## SPANISH OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
183 cal	9 g	12 g	11 g	392 mg	364 mg	82 mg

**Ingredient**

SPANISH SAUCE  
EGGS,WHOLE,FROZEN  
COOKING SPRAY,NONSTICK

**Weight**

20 lbs  
2 oz

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Spanish Sauce, Recipe No. O 005 01 for use in Step 6. CCP: Hold for service at 140 F. or higher.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 4 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. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds, making a long oval shaped omelet.
- 6 Serve each omelet with 2 ounces of heated Spanish Sauce, Recipe No. O 005 01. CCP: Hold for service at 140 F. or higher.