

RICE FRITTATA

Yield 100

Portion 11 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
391 cal	25 g	24 g	22 g	220 mg	805 mg	430 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER, BOILING	10-1/2 lbs	1 gal 1 qts	
SALT	3/4 oz	1 tbsp	
OIL, SALAD	3/4 oz	1 tbsp	
TOMATOES, FRESH, CHOPPED	15-7/8 lbs	2 gal 2 qts	16-1/4 lbs
CHEESE, CHEDDAR, SHREDDED	11 lbs	2 gal 3 qts	
MUSHROOMS, CANNED, DRAINED	7 lbs	1 gal 1-1/8 qts	
PEPPERS, GREEN, FRESH, CHOPPED	4-7/8 lbs	3 qts 2-7/8 cup	6 lbs
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	5-1/4 lbs	3 qts 2-7/8 cup	5-7/8 lbs
MILK, NONFAT, DRY	5-5/8 oz	2-3/8 cup	
WATER, WARM	5-3/4 lbs	2 qts 3 cup	
EGG WHITES	8-1/2 lbs	1 gal	
EGGS, WHOLE, FROZEN	8-5/8 lbs	1 gal	
PEPPER, BLACK, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
SALT	1-1/4 oz	2 tbsp	

**Method**

- 1 Combine rice, water, salt and salad oil. Bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes.
- 2 Combine tomatoes, cheese, mushrooms, peppers, onions and rice. Mix well. Place 5-1/2 quarts mixture in each lightly sprayed steam table pan.
- 3 Reconstitute milk.
- 4 Thaw egg products. Combine milk, eggs, pepper, and salt. Mix well.
- 5 Pour 1-1/2 quart egg mixture over rice mixture in each pan. Stir to distribute evenly.
- 6 Using a convection oven, bake at 325 F. for 45 minutes or until eggs are completely set on low fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Cut 3 by 5.