

Alliance K-12 Nutrition Innovations

Recipe Prep Sheet

990188 - Southwest Steak and Egg Boats

Recipe HACCP Process:
Source: Workshop Jan'18
Number of Portions: 36
Portion Size: boats



Ingredient #	Ingredient Name	Measurements	Instructions
			Defrost eggs and beef overnight on bottom shelf of refrigerator.
050431	EGGS, WHOLE, SCRAMBLED FROM FROZEN, PASTEURIZ	1 Carton 5 lb	Preheat oven to 350oF. Spray 2 in deep hotel pan with pan spray. Add liquid eggs,green chilies and beef crumble.
990451	BEEF Crumbles JTM CP5872	1 LB	
799947	PEPPERS,CHILI,GRN,CND	1 CUP	
004679	OIL,PAM COOKING SPRAY,ORIGINAL	18 spray , about 1/3 second	
			Cover and place in oven for 15 minutes. Remove from oven and stir eggs; continue this process for 12-15 minutes until eggs are fully cooked but not brown.
051495	Salsa, Low-sodium, Canned	1 #10 can	Chop cilantro and mix into salsa. Place in refrigerator.
799968	CILANTRO	3/4 cup, MINCED	
990449	BREAD, French Pillsbury 110174000	18 Piece 2 oz eq grain	Place 36 French bread loaf halves on large sheet pan. Cut American cheese slices in half and place 2 halves on each bread boat. Top each piece with #12 scoop egg mixture. Use #40 scoop to top with mozzarella. Place tray in oven for 4 minutes. Remove from oven and top each with 1 teaspoon of salsa mixture.
990396	CHEESE, Mozzarella, shred USDA 100021	1 lb + 2 OZ	
051549	Cheese, American, Yellow, Pasteurized, Sliced	36 slice 1/2 oz	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Ingredient #	Ingredient Name	Measurements	Instructions
			For Serving ▲ Place one boat into 2lb boat with one white tissue paper on bottom and wrap with plastic wrap if desired.

*Nutrients are based upon 1 Portion Size (boats)

Calories ¹	319.583 kcal	Total Fat	17.491 g	Total Dietary Fiber	3.492 g	Vitamin C	*15.904* mg	49.256% Calories from Total Fat
Saturated Fat ¹	7.244 g	Trans Fat ²	*0.000* g	Protein	18.110 g	Iron	*2.549* mg	20.400% Calories from Sat Fat
Sodium ¹	538.980 mg	Cholesterol	208.166 mg	Vitamin A	*1050.572* IU	Water	*3.601* g	*0.000%* Calories from Trans Fat
Sugars	*3.433* g	Carbohydrate	20.971 g	Calcium	*171.459* mg	Ash	*0.051* g	26.248% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.667% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2.5 oz eq	Grain	1 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

Allergens							
Egg	Wheat	Dairy	*GlutenFree	NB8			

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