

Colby Cheese Omelet

Product Information



W code: W275
Michael #29903-
Foods: 76250-00
Serving/case: 144
Net Weight: 18.9 lb

Crediting Information per Serving:

Serving Size: 2.1 oz
Meat or M/A: 2 oz
Grain: -
Vegetables: -
Fruit: -
CN Label: No

Nutrition Facts

Serving Size: 2.1 oz

Amount Per Serving

Calories 209 Calories from Fat 149

Total Fat 17g

Sat. Fat 6g

Trans Fat 0.1g

Cholesterol 277mg

Sodium 511mg

Carbohydrates 2g

Dietary Fiber 0g

Sugars 0.8g

Protein 12g

Vitamin D 1.44mcg

Calcium 0%

Iron 0%

Potassium 0%

Preparation Instructions:

Bake: Preheat temp 350 degree F; Time from Frozen 34-39 min; Time from Thawed 18-22 min; Preheat oven. Place a single layer of product in a full-size steamer pan sprayed with non-stick cooking spray; cover pan tightly with foil. Bake until thoroughly heated.

Convection: Preheat temp 250 degree F; Time from Frozen 19-22 min; Time from Thawed 15-18 min; Preheat oven. Place a single layer of product in full-size steamer pan sprayed with non-stick cooking spray; do not cover. Bake until thoroughly heated.

Griddle Fry: Preheat Temp 300 degree F; Time from Frozen 14-16 min; Time from Thawed 3-5 min; Preheat griddle. Place omelet on griddle. Turn over halfway through cooking time.

Microwave: Time from Frozen 65-75 sec; Time from Thawed 30-40 sec; Place product in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power (1200 watt microwave).

Steam: Time from Frozen 9 min; Time from Thawed 5 min; Place single layer of product in an ungreased full-size steamer pan; do not cover.

Steam: Place full load of heated product in a steam table pan. Set temperature at medium. Hold up to 1 hour maximum.

Ingredients:

EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRIED MILK AND CITRIC ACID.

FILLING: PASTEURIZED PROCESS COLBY CHEESE (COLBY CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), COLOR ADDED (PAPRIKA AND ANNATTO)).

ALLERGENS: Milk, Egg