

# Idaho Child Nutrition

**Recipe: 000415 Whole Wheat Breakfast Burrito**

Recipe Source:  
Recipe Group: BREAKFAST

Alternate Recipe Name:  
Number of Portions: 50  
Size of Portion: EACH

**Recipe HACCP Process: #2 Same Day Service**

001123 EGG,WHOLE,RAW,FRESH..... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 002046 MUSTARD,PREPARED,YELLOW..... 090017 GARLIC,GRANULATED..... 006168 SAUCE,RTS,PEPPER OR HOT..... 002047 SALT,TABLE.....	45 large 1 LB 3/4 CUP 8 OZ, chopped 14 OZ, chopped 2 OZ 1/4 CUP 2 TSP 1 TBSP 2 TSP	1. In a mixer, using the paddle attachment, blend eggs, corn, milk, diced green peppers, onions, diced tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.  2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes  <b>CCP: Heat to 145° F or higher for 3 minutes.</b>												
001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 900128 Tortilla, 8" whole wheat commodity..... 006164 SAUCE,RTS,SALSA.....	10 OZ 50 Tortilla 1/2 #10 Can	3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan).  4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  Heat: Compartment steamer: for 2-3 minutes. Conventional oven: 300° F for 3 minutes covered with a clean damp cloth. Convection oven: 300° F for 3 minutes covered with a clean damp cloth.  <b>5. CCP: Hold for hot service at 135° F or higher.</b>												
		Serve each burrito with 2 Tbsp (1 oz) of salsa.												
		<b>Food as Purchased</b>  <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Green peppers</td> <td style="text-align: center;">10 oz</td> <td style="text-align: center;">1 lb 4 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> <tr> <td>Tomatoes</td> <td style="text-align: center;">3 oz</td> <td style="text-align: center;">6 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Green peppers	10 oz	1 lb 4 oz	Mature onions	1 lb	2 lb	Tomatoes	3 oz	6 oz
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		<b>Special Tip</b>
		1) For best results, cook egg filling in a steamer.
		2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ cups water in place of eggs. For 100 servings, use 2 lb 12 oz (3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.
		<b>Serving</b>
		1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

Calories	219	Iron	2.09 mg	Protein	12.09 g	22.06%	Calories from Prot
Cholesterol	192 mg	Calcium	163.70 mg	Carbohydrates	25.65 g	46.79%	Calories from Carb
Sodium	736 mg	Vitamin A	374 IU	Total Fat	7.58 g	31.11%	Calories from T Fat
Dietary Fiber	3.95 g	Vitamin C	5.72 mg	Saturated Fat	2.19 g	8.97%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

<u>Miscellaneous</u>			<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
						? - Shellfish
						? - Soy
						? - Wheat
<b><u>Moisture &amp; Fat Change</u></b>						
Moisture Change.	0%					
Fat Change.....	0%					
Type of Fat.....						

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	011178	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,U			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	002046	MUSTARD,PREPARED,YELLOW			
I	090017	GARLIC,GRANULATED			
I	006168	SAUCE,RTS,PEPPER OR HOT			

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I	002047	SALT, TABLE			
I	001168	CHEESE, LOFAT, CHEDDAR OR COLBY			
I	900128	Tortilla, 8" whole wheat commodity			
I	006164	SAUCE, RTS, SALSA			