

Omelet | Western Frittata

Code	Description	Shelf Life	Pack	UPC/SSC Code
Frozen 30186	Omelet – Western Frittata	210 days	48 x 85 gr	100 38057 30186 3

Ingredients

Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika and Annatto (color), Powdered Cellulose (to prevent caking)], Water, Pre-cooked Ham-Water added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid.

Description

This enticing entrée features premium cheese, diced vegetables and savory ham scrambled together and baked into fresh, pasteurized eggs.

Application

The ingredients never "fall out," keeping product prep neat and eating mess-free! Serve alone as an entrée, a breakfast omelet or part of a savory breakfast sandwich.

Storage Conditions

Product must be kept frozen at $-18^{\circ}\text{C} \pm 5^{\circ}\text{C}$ ($0^{\circ}\text{F} \pm 9^{\circ}\text{F}$).

Shelf Life

210 days when stored at the recommended temperature. Thaw under refrigeration at $1\text{-}4^{\circ}\text{C}$ ($33\text{-}40^{\circ}\text{F}$) best if used within 3 days.

For best results, prepare when product is completely thawed.

Preparation Instructions

Microwave:

Heat on LOW power for 2 minutes. rotate plate. Heat on HIGH for an additional 2 minutes.

Conventional Oven:

Bake at 160°C (320°F) Heat product for 20-25 minutes.

Convection Oven:

Bake at 150°C (300°F) Heat product for 20-30 minutes. Place thawed omelets on greased stainless baking sheets (spray with vegetable oil or line with parchment baking paper). Cover with aluminum foil. Check bottom side of omelets during cooking to avoid any undesirable browning.

* Note: Due to oven variances, heating times may vary.

* Note: Internal temperature of cooked product should be at or above 71°C (160°F)

Nutritional Information

Per 85 grams

Calories	140
Fat	10g
Saturated	4.5g
Trans	0g
Cholesterol	230mg
Sodium	520mg
Carbohydrate	2g
Fibre	0g
Sugars	1g
Protein	10g
Vitamin A	10%
Vitamin C	6%
Calcium	10%
Iron	4%



Omelet Only