

## Nebraska Food Distribution Processed Commodity Fact Sheet

**Name:** Egg, Cheese Omelet

**Product Code:** 85137

**Processor:** Michael Foods

**Category:** Meat and Meat Alternate

**Date:** 5/22/2007

**Description:** Fully cooked egg omelet containing colby cheese as a filling and hand folded in the middle. This product is 5" x 2 1/2" in shape with a browning color appearance.

**Pack Size:** 144 omelets

**Storage:** Store at 0 degree's F or below

**Preparation:** Keep frozen until ready to use. Place a single layer of omelets in a full size steamer pan sprayed with non-stick cooking spray, cover pan with foil.

**Cooking:** Convection Oven: 250 degrees F. for 20 to 25 minutes frozen, or 15 to 18 minutes thawed. Convention Oven: 350 degrees F. for 55 to 65 minutes frozen, or 25 to 35 minutes thawed. Micowave: High 35-40 seconds frozen, or 30 seconds thawed.

**Serving Size:** 1 omelet (2.1 oz)

**Meal Contribution:** 2 meat/meat alternate

Nutrition Facts			
Calories:	126.00	Protein:	7.20 grams
Total Fat:	10.20 grams	Carbohydrate:	1.80 grams
Saturated Fat:	3.60 grams	Cholesterol:	183.00 mg
Trans Fat:	0.00 grams	Calcium:	90.00 mg
Iron:	0.66 mg	Dietary Fiber:	0.00 grams
Sodium:	300.00 mg	Vitamin C:	0.00 mg
Vitamin A:	60.00 RE		