

Swiss Chard Frittata, MMA (SR108275)

HACCP Process: Process 2: Same day service
 Meal Contribution: 2 Meat/MA
 Number of Servings: 48.00 Serving Size: 1 piece
 Moisture gain/loss%: 0.0000 Yield: 7 Pound, 12 5/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Pork, bacon, rendered fat, cooked 10864	6 7/8 Ounce
				Chard, swiss, cooked, boiled, drained, without salt 11148	1 5/8 cup, chopped
				Oil, vegetable, refined, bleached, and deodorized canola, corn, cottonseed, olive, safflower, sesame, soybean or sunflower oil or a combination. May have been 'winterized' [100441] 50383	1/4 Cup
				Onions, cooked, boiled, drained, without salt 11283	8 Ounce
				Eggs, whole, frozen, raw, pasteurized, homogenized, with color stabilizer [100046] 50430	50 large egg
				Spices, garlic powder 2020	2 teaspoon
				Salt, table 2047	2 teaspoon
				Cheese, cheddar, yellow, shredded [100003] 50346	9 Ounce

Tips/Comments

- Dry weight for cooked ingredients:

Bacon -- 8 slices
 Swiss chard -- 1 lb.
 Chopped onions -- 2 cups

Contains:

Egg
 Milk

Preparation Instructions

1. Preheat convection oven to 325 F or conventional oven to 350 F. Coat bottom and sides of two 2-inch full hotel pans with cooking spray.
2. Cook bacon (8 slices), turning occasionally, in a large skillet over medium heat until crispy, about 10 minutes. Drain on paper towel and cut into 1/8-inch pieces.
3. Rinse chard (1 lb. raw) but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside.
4. Heat oil in a 16-inch skillet over low heat. Add the bacon and onions (2 cups raw). Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.
5. Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from heat and set aside.
6. Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese.
7. Divide the egg mixture evenly between the prepared pans. Evenly distribute half the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tbsp cheese.
8. Bake until a knife inserted in the center comes out clean and the top is beginning to brown, 20 to 25 minutes. Cut each pan into 24 squares.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	73.18	25.95	3.75	21.95	0.792

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
199.946	16.258	5.766	0	276.584	296.092	1.875	0.272	0.396(M)	10.973	1.509	98.619	943.761	1.764	13.021 (M)	0.483(M)

Nutrients per serving (73.535 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
147.031	11.955	4.24	0	203.387	217.732	1.379	0.2	0.291(M)	8.069	1.11	72.52	693.997	1.297	9.575(M)	0.355(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.