

## Italian Frittata Scramble

Full of favorite Italian flavors, this frittata is a great way to start the day.

Yield: 28 lbs, 14 oz  
Serves: 50  
Cook time: 3 minutes



### Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Tomatoes, seeded, diced	50	oz	3 qt
Spinach, fresh, sautéed	37.5	oz	6-1/4 cups
Onions, julienne, sautéed	37.5	oz	6-1/4 cups
Perfect Eggs Mix, prepared	300	oz	2 gal, 6 cups
Parmesan cheese, grated	8	oz	3 cups
Garlic Spread, prepared	16	oz	2 cups

### Preparation Steps

1. In olive oil, sauté 1/4 cup tomatoes, 1/8 cup spinach and 1/8 cup onions over medium high heat.
2. Add 6 oz of Perfect Eggs Mix and reduce heat to medium. Push cooked egg from the edge of the frittata toward the center. Rotate the pan so the uncooked eggs on the top will fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges.
3. Flip frittata and cook for 1-2 minutes or until eggs are cooked.
4. Top with 1 Tbsp Parmesan cheese and 2 tsp of Garlic Spread.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	172
Energy (KJ)	742
Fats, total (g)	8.6
Fats, saturated (g)	3.05
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	11.21
Sodium (mg)	430
Carbohydrate, total (g)	8.5
Fiber, total dietary (g)	1.33
Sugars, total (g)	5.6
Protein (g)	16
Vitamin A (µg_RAE)	147
Vitamin C (mg)	11.6
Calcium (mg)	175
Iron (mg)	3.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

©2014 Nestlé Professional

## Garlic Spread

Add this garlic spread to any item to bring out hidden flavor.

Yield: 3-1/4 cups  
Serves: 74  
Cook time: 2 minutes



### Recipe Details

Ingredient	Qty	Unit	Alt Unit
Mayonnaise, fat-free	16	oz	2 cups
Sour cream, fat-free	8	oz	1 cup
Minor's® Roasted Garlic Flavor Concentrate, 6x1 lb	2	oz	1/4 cup
Lemon juice, fresh	0.25	fl oz	2 tsp

### Preparation Steps

1. In a mixing bowl, thoroughly whisk together the mayonnaise, yogurt, Minor's Roasted Garlic Flavor Concentrate and lemon juice.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	8
Energy (KJ)	37
Protein (g)	0.2
Carbohydrate, total (g)	1.4
Fats, total (g)	0.2
Sugars, total (g)	1
Fats, saturated (g)	
Fiber, total dietary (g)	
Sodium (mg)	77
Calcium (mg)	1
Cholesterol (mg)	
Iron (mg)	1
Vitamin A (µg_RAE)	8
Vitamin C (mg)	37

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# ITALIAN FRITTATA SCRAMBLE

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ 1 qt fat-free mayonnaise

### > Produce

*Be sure to ask your distributor about local seasonal produce.*

- € ☐ 3 lbs local seasonal tomatoes
- € ☐ 5 lbs local seasonal spinach
- € ☐ 3 lbs local seasonal onions
- € ☐ 3 lbs local seasonal produce\*
- € ☐ 3 lbs local seasonal produce\*
- € ☐ 3 lbs local seasonal produce\*

*\*Kale, various mushrooms, jalapeño peppers, bell peppers, olives, potatoes, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

### > Protein

- € ☐ 3-1/2 lbs meat (optional)\*\*

*\*\*Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

### > Dairy

- € ☐ 1 pt plain fat-free sour cream
- € ☐ 12 oz grated Parmesan cheese\*

*\*Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.*

### > Refrigerated

- € ☐ 8 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
- € ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Fire Roasted Poblano Flavor Concentrate
- € ☐ 4 tubs Minor's Flavor Concentrates (for 4 flavored egg variations: see recipes)
- € ☐ 3 lbs avocado pulp

# ITALIAN FRITTATA SCRAMBLE

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Make 4x Perfect Eggs Mix recipe (divide into 4 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make Poblano Avocado Spread recipe
- € ☐ Make Garlic Spread recipe place in squirt bottle
- € ☐ Make Vegetable Crema recipe place in squirt bottle
- € ☐ Clean, cut and sauté 5 lbs local seasonal spinach\*
- € ☐ Clean and dice 3 lbs local seasonal tomatoes\*
- € ☐ Clean, julienne and sauté 3 lbs local seasonal onions\*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce\*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce\*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce\*
- € ☐ Cook, cool and cut 3-1/2 lbs meat for Egg Scramble Station (optional)
- € ☐ Secure 12 oz grated Parmesan cheese
- € ☐ 8 oz squirt bottles of olive oil (3)

*\*Certain mix-ins may require slightly different preparations depending on the item.*

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding meat and vegetables cold (9)
- € ☐ 1 oz scoops for meats and vegetables (8)
- € ☐ Teaspoon for avocado spread
- € ☐ Container for holding eggs cold (4)
- € ☐ 8 oz ladle for eggs (4)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula