

Kale & Mushroom Frittata



Food Category: Entrée

Protein: Vegetarian

Portion Size: 8 oz

Number of Servings: 252

Calories per Serving: 260

Diet Selections: Wellness; Renal; Mild; Soft; High Calorie/Protein; Low Fiber; Vegetarian; Pescetarian; No Fish; No Red Meat; No Nuts

Contains Dairy, Egg, Mushrooms

Ingredients:

12 lb chopped onions
6 lb chopped red pepper
16 lb chopped kale
10 lb quartered white mushrooms
10 lb diced portabella mushrooms
2 fl oz kosher salt
4 fl oz black pepper
1 cup fresh chopped thyme
3 cups minced garlic
3.5 cups canola oil
20 qt whole eggs in citric acid
18 qt 1% milk
5 lb shredded mozzarella

Instructions:

1. Combine salt, pepper, thyme, garlic and oil in a large mixing bowl.
2. Add onions, red pepper and mushrooms and mix well until fully coated. Transfer veg onto sheet trays.
3. Bake in 300 degree oven for 20 minutes. Chill to below 41 degrees.
4. Place kale in the steamer and cook until just soft and bright green. Chill to below 41 degrees.
5. Mix all roasted vegetables together.
6. Spray ten 2-inch hotel pans with food release spray, and distribute vegetables into pans.
7. Mix eggs, milk and cheese, and pour over vegetables.
8. Bake in 300 degree oven for 45 minutes.
9. Cut into 24 servings per hotel pan.

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Nutrition Facts	
servings per container	
Serving size	(271g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 270mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 3mcg	15%
Calcium 265mg	20%
Iron 2mg	10%
Potassium 582mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	