

## LS Ham PotatoOmelet25

Number of Servings: 25 (260.46 g per serving)

| Amount | Measure | Ingredient                                      |
|--------|---------|---|
| 2 1/8  | lb      | Pork, cured ham, 96% fat free, low sod, add wtr |
| 25.00  | ea      | Eggs, whole, raw, lrg                           |
| 1 1/8  | cup     | Onion, white, fresh, chpd                       |
| 1/2    | tsp     | Spice, pepper, black                            |
| 5 1/2  | cup     | Milk, nonfat/skim, w/add vit A & D              |
| 52.00  | ea      | Cooking Spray, butter flvr, 1/3 sec spray       |
| 4 3/4  | lb      | Potatoes, hash browns, shredded, 80% ckd, iqf   |
| 20 1/2 | oz      | Cheese, cheddar, low sod, shredded              |

### Nutrients per serving

| Nutrition Facts  |                              |
|--|------------------------------|
| Serving Size (260g)  |                              |
| Servings Per Container   |                              |
| Amount Per Serving   |                              |
| <b>Calories 290</b>  | <b>Calories from Fat 130</b> |
| % Daily Value*   |                              |
| <b>Total Fat 14g</b>   | <b>22%</b>                   |
| Saturated Fat 7g   | 35%                          |
| Trans Fat 0g   |                              |
| <b>Cholesterol 250mg</b>   | <b>83%</b>                   |
| <b>Sodium 450mg</b>  | <b>19%</b>                   |
| <b>Total Carbohydrate 20g</b>  | <b>7%</b>                    |
| Dietary Fiber 2g   | 8%                           |
| Sugars 4g  |                              |
| <b>Protein 21g</b>   |                              |
| Vitamin A 10%  | • Vitamin C 10%              |
| Calcium 25%  | • Iron 10%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000 2,500        |
| Total Fat  | Less than 65g 80g            |
| Saturated Fat  | Less than 20g 25g            |
| Cholesterol  | Less than 300mg 300 mg       |
| Sodium   | Less than 2,400mg 2,400mg    |
| Total Carbohydrate   | 300g 375g                    |
| Dietary Fiber  | 25g 30g                      |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

### Instructions

Spray counter pan(s) with nonstick spray, add potatoes and spray generously. (Use 12X24inch pan for each 24servings)  
Bake in 450 degree oven for 30-45 minutes to brown (stir occasionally).

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over browned potatoes. Sprinkle cheese over top bake at 325 degrees for 1+ hour or until set, 180 degrees F internal end-point temperature. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

Each ~3X4 inch piece = 3 oz protein + 1 vegetable

Each piece = 1 1/2 CS

### Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.