

## LS Ham PotatoOmelet300

Number of Servings: 300 (264.53 g per serving)

Amount	Measure	Ingredient
28 1/2	lb	Pork, cured ham, 96% fat free, low sod, add wtr
300.00	ea	Eggs, whole, raw, lrg
3 1/2	qt	Onion, white, fresh, chpd
5 1/2	tsp	Spice, pepper, black
4.00	gal	Milk, nonfat/skim, w/add vit A & D
608.00	ea	Cooking Spray, butter flvr, 1/3 sec spray
58.00	lb	Hash Browns, shredded, 80% ckd, iqf
15.00	lb	Cheese, cheddar, low sod, shredded

### Nutrients per serving

Nutrition Facts	
Serving Size (265g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 300</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 255mg</b>	<b>85%</b>
<b>Sodium 490mg</b>	<b>20%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 22g</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.