

# Red Pepper Frittata



Recipe Rating	
Total Time	70 Minutes
Cooking Time	55 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Whisk/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven)
or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (148g) / par 1 serv (148g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>220</b>
<b>Fat / Lipides</b> 16g	<b>24%</b>
Saturated / satures 7g	
+ Trans / trans 0g	<b>37%</b>
<b>Cholesterol / Cholesterol</b>	<b>240mg</b>
<b>Sodium / Sodium</b>	<b>420mg</b>
	<b>17%</b>
<b>Carbohydrate / Glucides</b>	<b>5g</b>
	<b>2%</b>
Fibre / Fibres 0g	<b>1%</b>
Sugars / Sucres 4g	
<b>Protein / Proteines</b>	<b>14g</b>
Vitamin A / Vitamine A	<b>4%</b>
Vitamin C / Vitamine C	<b>40%</b>
Calcium / Calcium	<b>20%</b>
Iron / Fer	<b>8%</b>

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Liquid Egg	2 L	2.1 quarts	4 L	4.2 quarts
Milk, 2 %	900 mL	30.4 fl oz	1.8 L	1.9 quarts
Onions, Fresh, Diced	95 gm	3.4 oz	190 gm	6.7 oz
Red Peppers, Fresh, Diced	310 gm	11 oz	620 gm	22 oz
Cheddar Cheese, Shredded	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
White Pepper	1 mL	1/4 tsp	2 mL	1/2 tsp
Garlic Powder	1 mL	1/4 tsp	2 mL	1/2 tsp

## Method



1. Wash and remove core of red pepper. Peel onions. Dice red pepper and onions.

Shred cheddar cheese.



2. In a bowl, combine all ingredients and whisk until blended.

Transfer to 1/2 size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Place pan in Multigen for 55 minutes.



**Bulk:** Remove from Multigen and cut into square cut portions.

**Cold Plating:** allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Divide portions equally into service dishware by serving size.

Serve Hot.

Garnish: **Shredded cheddar cheese or chopped parsley**

Food Accompany: **Roasted vegetables, Twisted Scalloped Potatoes**