



Vegetable Frittata Bites

Vegetable frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious bite.

Preparation Time: 20 minutes

Cook Time: 30 minutes

NSLP/SBP Crediting Information:

One frittata bite provides 1/8 cup vegetable (1/8 cup other vegetable), and 2 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Mushrooms, white, fresh, coarsely chopped	12 oz	1 qt 1/2 cup	1 lb 8 oz	2 qt 1 cup	1 Preheat oven to: Conventional oven: 350 °F Convection oven: 325 °F
*Onions, yellow, fresh, small diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Pepper, bell, red, fresh, small diced	12 oz	2 cups	1 lb 8 oz	1 qt	2 Heat a tilt skillet or steam jacketed kettle to medium-high and add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered for 2 minutes.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Pepper, black, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Spinach, fresh, coarsely chopped	12 oz	1 qt	1 lb 8 oz	2 qt	3 Add spinach to skillet. Cook over medium heat for 1-2 minutes until wilted.
Cheese, cheddar, low-fat, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	4 Transfer vegetable mixture to a 2-inch full-size steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans Refrigerate for 30 minutes to cool the vegetables. After cooled, sprinkle 1 ½ cups (about 6 oz) cheese over each pan of vegetables and stir to combine.
Milk, skim		2 cups		1 qt	5 Lightly coat muffin pan (20 ½" x 14") with pan release spray. Using a No. 24 scoop, portion 3 Tbsp (about 2 oz) vegetable mixture into each muffin cup (25 muffins). Set aside for step 7. For 50 servings, use 3 muffin pans. For 100 servings, use 6 muffin pans
Eggs, whole, frozen, thawed	5 lbs	2 qts 2 cups	10 lbs	1 gal 1 qt	6 Using a No. 16 scoop, portion ¼ cup (about 2 oz) egg mixture on top of vegetable mixture in each muffin cup.
Flour, all purpose	6 oz	1 ½ cup	12 oz	3 cups	7 Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
					8 Serve 1 frittata bite.

NUTRITION INFORMATION

For 1 frittata bite

NUTRIENTS	AMOUNT
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Calories	104
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	131 g
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Sodium	323 mg
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Total Carbohydrate	9 g
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Dietary Fiber	1 g
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Total Sugars	5 g
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Added Sugars	N/A
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Protein	9 g
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Vitamin A	1916 IU
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Vitamin C	13 mg
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Calcium	42 mg
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Iron	1 mg
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Fresh mushrooms	12 oz	1 lb 8 oz
Fresh onions	1 lb 10 oz	3 lbs 4 oz
Fresh bell peppers	1 lb 10 oz	3 lbs 4 oz
Fresh spinach	1 lb	2 lbs

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

50 Servings	100 Servings
About 50 frittata bites	About 100 frittata bites
About 3 muffin pans (20 ½ x 14”).	About 6 muffin pans (20 ½ x 14”).