

Fried Eggs

Cuisine: English
Food category: Eggs



Author: Phil Smith

Company: Retigo



Program steps

1

 Combination

 50 %

 Termination by time

 01:45 mm:ss

 200 °C

 100 %



Ingredients - number of portions - 6		
Name	Value	Unit
Eggs	6	pcs

Name	Value	Unit
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Nutrition and allergens

Allergens: EGG

Minerals: Iron, Phosphorus, Selenium

Vitamins: Vitamin A, Vitamin B12, Vitamin D

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Pre-heat the oven, then spray the Vision Snack with a little oil and sprinkle with black pepper, then crack the egg into the Vision Snack tray and place into the oven, when ready, take out the eggs and to serve, turn the eggs "up side down" for presentation.

Recommended accessories



Vision Snack