

LCPS

Recipe

Feb 15, 2018

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Recipe: 000170 Quiche - Vegetarian

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: Serving

Recipe HACCP Process: #2 Same Day Service

<p>904216 PEPPERS,SWT,GREEN,RAW..... 001123 EGGS,WHOLE,FRESH & FROZEN..... 900301 Milk, 1% Low Fat, Lehigh..... 900915 ONION POWDER..... 903305 GARLIC POWDER..... 904154 Salt..... 900919 PEPPER,BLACK..... 904034 Sriracha - CHA - Texas Pete..... 018369 BAKING POWDER,DOUBLE-ACTING,NaAlSO4..... 900050 FLOUR, ALL PURPOSE,ENRICHED - Gold Medal...</p>	<p>3 CUP, chopped + 2 TBSP, chopped 4 LB + 11 OZ 3 Quart 2 TBSP + 2 TSP 1 TBSP + 1 TSP 1 1/2 TSP 1 TSP 1 Tablespoon + 1 Teaspoon 1/2 TSP 3 1/4 CUP</p>	<p>Thaw liquid eggs and shredded cheddar cheese in refrigerator 2 days prior to service. CCP: Thaw liquid eggs and shredded cheddar cheese in refrigerator at 41°F or below. Preheat oven to 350°F 15 minutes prior to use. Wash green peppers under cool running water. Chop into 1/8"-1/4" dice on a cutting board using a French knife. Open Rotel - drain and squeeze liquid using glove hands. Mix flour and baking powder together in a small bowl with a wire whisk. In a large bowl - mix thawed eggs with drained and squeezed Rotel, milk, onion powder, garlic powder, salt, pepper, Sriracha-Cha and flour/baking powder mixture. Mix with a wire whisk until well blended. You will have to keep blending when portioning into cups.</p>
<p>904049 Rotel..... 904334 Solut 8 oz Baking Cup..... 903807 Cheese, Cheddar, Shredded-Bongards #75519-1.....</p>	<p>4 CUP 50 Cup - 8 oz paper 12 1/2 CUP</p>	<p>Line a full size sheet pan with a pan liner. Place empty cups onto pan 12 cups per pan. Add one tablespoon of diced green pepper and #16 scoop of shredded cheddar cheese into each cup - spread out evenly in bottom of cup. Portion egg mixture using 4 oz spoodle into each paper baking cup. Make sure you scoop from the bottom and continue mixing eggs as you portion.</p>
		<p>Place quiche in 350°F oven and bake for approximately 20-25 minutes. CCP: Heat to 165°F for at least 15 seconds. Place in warmer to hold for hot service. CCP: Hold for hot service at 135°F or higher.</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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		Serve: one baking cup Yields: 2 oz meat/meat alternate
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*Nutrients are based upon 1 Portion Size (Serving)

Calories	238 kcal	Cholesterol	190.59 mg	Sugars	4.10 g	Calcium	302.69 mg	51.66%	Calories from Total Fat
Total Fat	13.66 g	Sodium	413.60 mg	Protein	15.40 g	Iron	1.28 mg	29.09%	Calories from Saturated Fat
Saturated Fat	7.69 g	Carbohydrates	13.26 g	Vitamin A	690.39 IU	Water ¹	41.20 g	*0.06%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	1.63 g	Vitamin C	9.15 mg	Ash ¹	0.52 g	22.29%	Calories from Carbohydrates
								25.88%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz		Y - Milk	N - Peanut	
Grain..... oz		Y - Egg	N - Tree Nut	
Fruit..... cup		Y - Wheat	N - Fish	
Vegetable..... cup			N - Shellfish	
Milk..... cup			N - Soy	
Moisture & Fat Change				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	904216	PEPPERS,SWT,GREEN,RAW			
I	904049	Rotel			
I	001123	EGGS,WHOLE,FRESH & FROZEN			
I	900301	Milk, 1% Low Fat, Lehigh			
I	900915	ONION POWDER			
I	903305	GARLIC POWDER			
I	904154	Salt			
I	900919	PEPPER,BLACK			
I	904034	Sriracha - CHA - Texas Pete			
I	018369	BAKING POWDER,DOUBLE-ACTING,NaAlSO4			
I	900050	FLOUR, ALL PURPOSE,ENRICHED - Gold Med			
I	904334	Solut 8 oz Baking Cup			

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I	903807	Cheese, Cheddar, Shredded-Bongards #75519-1			
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