

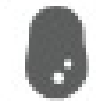



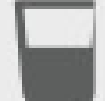
GR-259461 · The Nature Explorers Nutritious Egg Cake · 3 oz · 100 servings

 Meat: 4

 Red/Orange: 1/4

 Starchy: 1/8

 Egg

 Milk

Instructions:

| | | |
|------------------------------------------------------|-------------------------------------------------------------|--------------------------------------|
| Mushrooms, white 2.083 qt | Potatoes, canned, drained solids, no salt added 7.552 lb | Tomatoes, diced, canned 14.583 lb |
| Ham, 97% Fat Free, Cooked, Diced 1/4" 7.813 lb | Garlic Butter Seasoning 2.083 tsp | Egg, whole, raw, fresh 150 large |

Prep:

- Clean and sanitize workstation. Pull all ingredients and place at workstation. Pull equipment needed, using 2" hotel pan. Wash hands thoroughly.

CCP: Prepare foods at room temperature in two hours or less.

CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.
- Spray 2" hotel pan with nonstick spray and preheat oven to 375°F.
- Prepare **mushrooms** by using a sprayer head at your produce station, lightly rinse them, shake off excess moisture, and air dry them before processing.
- Drain canned **potatoes** and **tomatoes** and rinse.
- Mix all prepared ingredients with **ham, seasoning,** and **eggs**. Add to the baking sheet.

CCP: Prepare food at room temperature in two hours or less.

Cook:

- Bake 375°F for 15-20 minutes.

CCP: Heat until an internal temperature reaches 165°F for 15 seconds. Check and record temperature.

CCP: Batch cook as necessary to ensure the best end product and nutritional.

Hold:

- Hold Egg Cake in a warmer above 135°F.

CCP: Hold above 165°F. Check and record temperature.

Serve:

- Serve using by cutting approx. 3-inch by 3-inch squares about 3 oz.

The Nature Explorers Nutritious Egg Cake

Nutrition Facts

Servings Per Container 1

Serving Size 3 oz

Amount Per Serving

Calories 142

% Daily Value*

| | |
|-------------------------------------|------------|
| Total Fat 7g | 10% |
| Saturated Fat 2g | 12% |
| Trans Fat 0g | |
| Cholesterol 279mg | 93% |
| Sodium 115mg | 5% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 11g | 21% |
| Vitamin D: 8% DV • Potassium: 8% DV | |
| Calcium: 5% DV • Vitamin A: 7% DV | |
| Iron: 13% DV • Vitamin C: 12% DV | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.