

Veggie Quiche

Recipe:	R-3796	HACCP Process:	Same Day Service		
# of Servings:	96.00	Serving Size:	1 Piece	Source:	Mushroom Council
Grams Per Serving:	205.80	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
EGG, LIQUID WHOLE	10 LB	1. 5 Days prior to day of service: Pull liquid eggs from freezer and place in cooler to thaw, Place in food safe container, allow space between cartons to assist in thawing. CCP: Hold below 41°F
1% White Milk	1 GALLON + 1 QUART	2. Day of Service: Clean and sanitize workstation. Pull remaining ingredients and eggs from cooler and place at workstation. CCP: Prepare foods at room temperature in two hours or less
Fresh Sliced Mushrooms, RTU USDA Pepper & Onion Mix, Material #110724 FLOUR, PLAIN, All Purpose BAKING POWDER Onion Powder Garlic Powder Black Pepper Sriracha Hot Chili Sauce USDA Shredded Cheddar Cheese, R/F, Material #100012 Pan Spray	6 LB 7 LB 1 QUART + 2 CUP + 1/2 CUP 1 TSP 2 TBSP 2 TBSP 1 TBSP GROUND 1/4 CUP 6 LB + 4 OZ 1 OZ	3. Prep: Wash hands thoroughly. In small bowl, whisk together flour and baking powder. In 4-gallon pitcher or large bowl add thawed liquid eggs and milk. Whisk together. Add 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 pouring into pans.
		4. Prep: line 4-inch steamtable pans with parchment paper or pan liner. Spray generously with pan spray. Lay out mushrooms in single layer across the bottom of each, using 1.5 pounds per pan. Sprinkle thawed peppers and onions on top of mushrooms, using 1.75 pounds per pan. Sprinkle shredded cheese on top of veggies, using 6 ½ cups per pan. Pat down with spatula. Whisk egg mixtures and add 2½ quarts per pan. Shake lightly to settle the eggs into the veggies.
		5. Cook: Cook at 350°F convection oven for 40 minutes or until it is solid and has reached 165°F for at least 15 seconds. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.
		6. Hold: Hold in warmer above 135°F CCP: Hold above 135°F

7. Serve:
 Cut each pan into 24 pieces, 6 by 4.
 Serve one slice of very veggie quiche.
 Each quiche provides 2 oz. eq. meat/meat alternate and ¼ other vegetables.

Notes:

Production Notes: Note: thaw the eggs completely.
 Thaw the pepper and onions and drain completely.
 You can prepare these quiches using an 8-ounce paper baking cup, use a 4 oz. ladle per cup. This will likely reduce your cooking time by 10 minutes
 This a great option for breakfast for lunch.

Serving Notes: Each quiche provides 2 oz. eq. meat/meat alternate and ¼ other vegetables.
 Each quiche weighs 205.80 grams or 7.26 ounces prior to baking.

Nutrients Per Serving:		(per 1 Piece)			
Calories	247.204	Trans Fat (gm)	0.000*	Iron (mg)	1.101*
Protein (gm)	18.175	Chol (mg)	221.825	Calc (mg)	331.039*
Carb (gm)	19.156	Vit A (IU)	656.726*	Sodium (mg)	305.656
Tot Fat (gm)	11.568*	Vit C (mg)	15.767*	Fiber (gm)	1.209
Sat Fat (gm)	5.923*			Sugars (gm)	5.513

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 Piece)				
Fruit (Cups)	Vegetables (Cups)					Other 0.250
	Dark Green	Red/Orange	Beans/Peas	Starchy		
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

Milk



CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.