

GR-259527 · Veggie Cheddar Quiche · 1 each · 100 servings

Meat: 2 1/2

Other Veg: 1/4

Milk

Wheat

Sesame

Soy

Egg

Untagged ingredients

Milk, fluid, 1% fat, without added vitamin A and vitamin D 1.3 gal	Mushrooms, white, raw, slices 6.25 lb, uncooked	Pepper/Onion Blend, No Salt Added, Frozen 7.29 lb
Baking powder, low-sodium 1.04 tsp	Spices, onion powder 2.08 Tbsp	Spices, garlic powder 2.08 Tbsp
Spices, pepper, black 1.04 tbsp, ground	Frank's redhot sriracha chili sauce, 12 fl oz 0.26 c	Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution Program) 6.51 lb
Oil, PAM cooking spray, original 1.04 oz	Wheat flour, white, all-purpose, unenriched 1.69 qt	Egg substitute, liquid or frozen, fat free 10.42 lb

Instructions

5 days Prior to Service:

1. Pull liquid eggs and the pepper and onion mix from the freezer and place in the cooler to thaw. Place in a food-safe container. Allow space between egg cartons to assist in thawing.

CCP: Hold below 41°F

Day of Service:

Instructions

1. Clean and sanitize workstation. Pull all ingredients and place them at the workstation. Pull equipment needed, 4-inch steam table pans. 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 the process as often as needed per HACCP guidelines.
2. Prepare mushrooms by using a sprayer head at your produce station, lightly rinse them, shake off excess moisture, and air dry them before processing.
3. In a small bowl, mix together flour and baking powder.
4. In a 4-gallon pitcher or large bowl add thawed liquid eggs and milk. Whisk together.
5. Add garlic powder, onion powder, pepper, Sriracha Cha, and flour/baking powder mixture.
6. Mix with a wire whisk until well blended. You will have to keep blending when pouring into pans.
7. Line 4-inch steam table pans with parchment paper or pan liner. Spray generously with pan spray.
8. Lay out mushrooms in a single layer across the bottom of each, using 1.5 pounds per pan.
9. Drain thawed peppers and onions and sprinkle on top of mushrooms, using 1.75 pounds per pan.
10. Sprinkle shredded cheese on top of veggies, using 6 ½ cups per pan.
11. Pat down with a spatula. Whisk egg mixtures and add 2½ quarts per pan.
12. Shake lightly to settle the eggs into the veggies.
13. 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 ensure best end product and nutritional.
14. 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.
CCP: Hold at 165°F or higher. Check and record temperature.

Production Notes

Thaw the eggs completely.

Production Notes

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 is 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 before baking.

Veggie Cheddar Quiche

Nutrition Facts

Servings Per Container 1
Serving Size 1 each

Amount Per Serving

Calories	187
----------	-----

% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 307mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	33%
Vitamin D: 4% DV • Potassium: 5% DV	
Calcium: 25% DV • Vitamin A: 3% DV	
Iron: 7% DV • Vitamin C: 1% 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.