

MUSHROOM QUICHE (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
187 cal	16 g	11 g	9 g	64 mg	269 mg	225 mg

Ingredient

Weight

Measure

Issue

MUSHROOMS,CANNED,SLICED,DRAINED	4-1/8 lbs	3 qts	
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
CHEESE,SWISS,SHREDDED	3-3/4 lbs	1 gal	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
FLOUR,WHEAT,BREAD	3-1/3 lbs	2 qts 3 cup	
MILK,NONFAT,DRY	1-1/4 oz	1/2 cup	
SALT	3/8 oz	1/3 tsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
BAKING SODA	5/8 oz	1 tbsp	
SHORTENING	7-1/4 oz	1 cup	
MILK,NONFAT,DRY	11-3/8 oz	1 qts 3/4 cup	
WATER,WARM	11-1/2 lbs	1 gal 1-1/2 qts	
EGGS,WHOLE,FROZEN	2-3/8 lbs	1 qts 1/2 cup	
EGG WHITES,FROZEN,THAWED	2-3/8 lbs	1 qts 1/2 cup	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Combine mushrooms, onions and cheese. Spread about 2 pounds 10 ounces evenly over bottom of each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Thaw eggs under refrigeration. Add eggs to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups of batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 325 F. for 40 minutes on low fan, closed vent or until set and lightly browned. Let stand 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Cut 5 by 5.