

BROCCOLI QUICHE (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	16 g	11 g	9 g	64 mg	195 mg	236 mg

Ingredient

ONIONS,FRESH,CHOPPED
 BROCCOLI,FROZEN,CHOPPED
 CHEESE,SWISS,SHREDDED
 COOKING SPRAY,NONSTICK
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 BAKING SODA
 SHORTENING
 MILK,NONFAT,DRY
 WATER,WARM
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 GARLIC POWDER
 NUTMEG,GROUND
 PEPPER,BLACK,GROUND

Weight

1-1/8 lbs
 6 lbs
 3-3/4 lbs
 2 oz
 3-1/3 lbs
 1-1/4 oz
 3/8 oz
 1-3/4 oz
 5/8 oz
 7-1/4 oz
 11-3/8 oz
 11-1/2 lbs
 2-3/8 lbs
 2-3/8 lbs
 3/4 oz
 1/8 oz
 1/3 oz

Measure

3-3/8 cup
 1 gal
 1 gal
 1/4 cup 1/3 tbsp
 2 qts 3 cup
 1/2 cup
 1/3 tsp
 1/4 cup 1/3 tbsp
 1 tbsp
 1 cup
 1 qts 3/4 cup
 1 gal 1-1/2 qts
 1 qts 1/2 cup
 1 qts 1/2 cup
 2-2/3 tbsp
 1/3 tsp
 1 tbsp

Issue

1-1/3 lbs

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Thaw and cut broccoli in 1/2-inch pieces. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs, nutmeg, and black pepper 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 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. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.