

Recipe Prep Sheet

American Dairy Association North East

990091 - Cheesy Baked Oatmeal Quiche

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: PORTIONS

Ingredient #	Ingredient Name	Measurements	Instructions
121629	OATMEAL	4 1/2 qt	No Instructions Assigned
990387	Baking Powder	4 tbsp	
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Preheat oven to 375 degrees. Spray a 2" full pan with non-stick cooking spray.</p>
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	2 quart + 2 CUP	In a large bowl, whisk together milk, eggs, baking powder, salt, pepper, and thyme. Stir in oats and let oats absorb mixture for at least 5 minutes.
001124	EGG,WHITE,RAW,FRSH	25 large	
002047	SALT,TABLE	1/2 tsp	
002030	PEPPER,BLACK	1 1/2 tbsp, ground	
002042	SPICES,THYME,DRIED	3 tsp, ground	
051459	BROCCOLI, FROZEN, FLORETS	1 1/2 qt	Chop broccoli into small pieces. Dice ham. Add broccoli,ham and cheese into oats mixture. Pour into 2 prepared 2" full pan. Bake 40-45 minutes until edges start to brown and are firm to the touch. For meal service: cut the pan 3 across and 5 down (3x5); serve one rectangle. CCP: Heat to 155° F or higher for at least 15 Seconds CCP: Hold at 135° F or higher.
799950	TURKEY HAM, SMOKED, WATER ADDED, COOKED THEN	1 lb + 11 oz, diced 1/4"	
900347	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES	1 qt + 2 3/4 CUP	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (PORTIONS)

Calories ¹	158.627 kcal	Total Fat	4.841 g	Total Dietary Fiber	2.675 g	Vitamin C	8.898 mg	27.465% Calories from Total Fat
Saturated Fat ¹	1.168 g	Trans Fat ²	*0.000* g	Protein	11.866 g	Iron	2.190 mg	6.627% Calories from Sat Fat
Sodium ¹	463.414 mg	Cholesterol	11.067 mg	Vitamin A	622.184 IU	Water	*64.055* g	*0.000%* Calories from Trans Fat
Sugars	*2.658* g	Carbohydrate	16.662 g	Calcium	181.944 mg	Ash	*N/A* g	42.015% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.922% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1 oz eq	Grain	1 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

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