



Omelet and Raisin Toast





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| Recipe Items: | 1 Portion | 5 Portions |
|--|------------------------|---|
| PE Whole Wheat Bread (PE#21764) | 2 x #16 Scoop (120 gm) | 600 gm (21 oz) |
| Puree Stewed Prunes | 2 teaspoon (10 ml) | 50 ml (2 fl oz) |
| Scrambled Eggs | #12 Scoop (75 ml) | 400 ml (13.5 fl oz) |
| Nutritional analysis presented contains only these ingredients | | 1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm |



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F

| Nutrition Facts | |
|--|----------------------|
| Valeur nutritive | |
| Per 1 each (200g) / par 1 each (200g) | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories 310 | |
| Fat / Lipides 17g | 27% |
| Saturated / satures 5g | |
| + Trans / trans 0g | 26% |
| Cholesterol / Cholesterol 195mg | |
| Sodium / Sodium 580mg | 24% |
| Carbohydrate / Glucides 32g | 11% |
| Fibre / Fibres 5g | 20% |
| Sugars / Sucres 12g | |
| Protein / Proteines 11g | |
| Vitamin A / Vitamine A | 0% |
| Vitamin C / Vitamine C | 0% |
| Calcium / Calcium | 10% |
| Iron / Fer | 15% |



2. Apply non-stick cooking spray to a ringed mold for the pureed bread.

Mix 2 x #16 Scoop (60 gm) of PE Whole Wheat Bread and 2 tsp (10 ml) puree stewed prunes.



Place 2 x #16 Scoop (120 gm) of PE Whole Wheat Bread mix inside the ringed mold on a plate. Remove the mold.

3. Place #12 Scoop (75 ml) of scrambled egg on top of pureed bread.

Optional - garnish scrambled eggs with ketchup drop.

