



# Scrambled Eggs & Waffles





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #16 Scoop (60 gm)	600 gm (21 oz.)
Table Syrup	1 Tbsp (15ml)	75 ml (2.5 fl oz)
Powdered Sugar	1 tsp (5ml)	25 ml (1 fl oz)
Scrambled Eggs	#12 Scoop (75ml)	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



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

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

Nutrition Facts	
Valeur nutritive	
Per 1 each (215g) / par 1 each (215g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>340</b>
<b>Fat / Lipides</b>	<b>17g 27%</b>
Saturated / satures	5g
+ Trans / trans	0g <b>26%</b>
<b>Cholesterol / Cholesterol</b>	<b>195mg</b>
<b>Sodium / Sodium</b>	<b>590mg 25%</b>
<b>Carbohydrate / Glucides</b>	<b>40g 13%</b>
Fibre / Fibres	5g <b>20%</b>
Sugars / Sucres	18g
<b>Protein / Proteines</b>	<b>11g</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	15%

Remove the mold.

Drizzle syrup over whole wheat bread.

Garnish with a light dusting of powdered sugar.

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

**Optional** - garnish scrambled eggs with ketchup drops.

