



English Muffin





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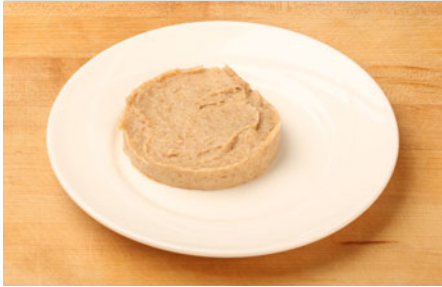
Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	#10 scoop (95 gm)	475 gm (16.75 oz)
Butter (or margarine) - soft	10 mL (2 tsp)	50 mL (1.5 Fl oz)
Nutritional analysis presented contains only these ingredients		1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm



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.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Combine a hot/warm #10 Scoop (95 gm) of PE Whole Wheat Bread with 2 tsp (10 ml) of soft butter (or margarine). Whisk together until butter is incorporated.



3. On a service place, place a scoop of the mixed PE Whole Wheat Bread and butter, and spread out slightly on the plate by gently using the back of the scoop.

Nutrition Facts		Valeur nutritive	
Per 1 each (103g) / par 1 each (103g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	200		
Fat / Lipides	12g		18%
Saturated / satures	4.5g		
+ Trans / trans	0g		24%
Cholesterol / Cholesterol	10mg		
Sodium / Sodium	300mg		13%
Carbohydrate / Glucides	22g		7%
Fibre / Fibres	4g		16%
Sugars / Sucres	7g		
Protein / Proteines	4g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			4%
Iron / Fer			8%

Variations: butter (margarine) could be served on the top or the side of the PE Whole Wheat Bread for service so customers can see it on the plate. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

