

BROCCOLI QUICHE

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	16 g	12 g	10 g	114 mg	194 mg	242 mg

Ingredient

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

Weight

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

Measure

1/4 cup 1/3 tbsp
 3-3/8 cup
 1 gal
 1 gal
 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
 2 qts 1-3/8 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 broccoli. 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 350 F. 15 minutes on low fan, closed vent; reduce temperature to 325 F.; bake an additional 30 minutes 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.