



Quiche with Self-Forming Crust

Start the morning with Quiche! It packs a punch with the fresh, healthy flavors of red bell peppers, eggs, spinach, and cheese.

CACFP Adult Portion Crediting Information

One piece (2" x 3 3/4") provides 1/2 cup vegetable (1/8 cup dark green vegetable, 3/8 cup other vegetable) and 2 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Preheat oven: Conventional oven: 375 °F. Convection oven: 325 °F.
Frozen whole eggs, thawed	2 lb 4 oz	1 qt 1/2 cup	4 lb 8 oz	2 qt 1 cup	2 Pour eggs into a commercial mixer. Using a wire whip attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.
Nonfat milk		1 qt 2 cups		3 qt	
Whole-wheat flour	10 oz	2 cups	1 lb 4 oz	1 qt	3 Add milk, flour, baking powder, salt, pepper, and nutmeg. Mix for 4 minutes on low speed.
Baking powder		1/4 tsp		1/2 tsp	
Salt		1 1/2 tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black or white pepper		½ tsp		1 tsp	
Ground nutmeg		¼ tsp		½ tsp	
*Fresh red bell peppers, diced	1 lb 12 oz	1 qt 3 cups	3 lb 8 oz	3 qt 2 cups	4 Combine peppers, onions, spinach, and egg mixture in a large bowl. Stir well.
*Fresh onions, chopped	1 lb 12 oz	1 qt 2 ½ cups	3 lb 8 oz	3 qt 1 cup	5 Pour 1 gal 3 qt (about 12 lb) egg and vegetable mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh spinach, chopped	1 lb 4 oz	1 gal 1 qt	2 lb 8 oz	2 gal 2 qt	
Low-fat cheddar cheese, shredded	13 oz	1 qt	1 lb 10 oz	2 qt	6 Sprinkle 1 qt (about 13 oz) cheese over each pan.
					7 Bake: Conventional oven: 375 °F for 50-60 minutes. Convection oven: 325 °F for 25-35 minutes.
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Portion: Cut each pan 5 x 5 (25 pieces per pan).
					11 Serve 1 piece (2" x 3 ¾" square).

NUTRITION INFORMATION

For 1 piece (2" x 3 ¾" square)

NUTRIENTS	AMOUNT
Calories	166
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Total Fat	5 g
Saturated Fat	2 g
Cholesterol	156 mg
Sodium	370 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	13 g
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Vitamin A	247 mcg RAE
Vitamin C	55 mg
Vitamin D	62 IU
Calcium	190mg
Iron	2 mg
Potassium	377 mg
N/A = no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	2 lb 4 oz	4 lb 8 oz
Fresh red bell peppers	2 lb 7 oz	4 lb 14 oz
Fresh spinach	1 lb 4 oz	2 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 steam table pan (12" x 20" x 2 ½")	About 2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project

