

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	1-1/8 lbs	3-3/8 cup	1-1/3 lbs
BROCCOLI, FROZEN, CHOPPED	6 lbs	1 gal	
CHEESE, SWISS, SHREDDED	3-3/4 lbs	1 gal	
FLOUR, WHEAT, BREAD	3-1/3 lbs	2 qts 3 cup	
MILK, NONFAT, DRY	1-1/4 oz	1/2 cup	
SALT	3/8 oz	1/3 tsp	
SUGAR, GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
BAKING SODA	5/8 oz	1 tbsp	
SHORTENING	7-1/4 oz	1 cup	
MILK, NONFAT, DRY	11-3/8 oz	1 qts 3/4 cup	
WATER, WARM	11-1/2 lbs	1 gal 1-1/2 qts	
EGGS, WHOLE, FROZEN	5 lbs	2 qts 1-3/8 cup	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
NUTMEG, GROUND	1/8 oz	1/3 tsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	

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.