



## Fried Egg, Bacon & Toast





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #16 Scoop (120 gm)	600 gm (21 oz)
Scrambled Eggs	#12 Scoop (75ml)	400 ml (13.5 fl Oz)
PE Bacon	#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. Remove the mold.



3. Place #12 Scoop (75 ml) of scrambled egg to the side of the puree whole wheat bread.

4. Place #12 Scoop (80 gm) of PE Bacon Mousse to the side of the puree whole wheat bread.

Nutrition Facts	
Valeur nutritive	
Per 1 each (278g) / par 1 each (278g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>460</b>
<b>Fat / Lipides</b>	<b>27g 41%</b>
Saturated / satures	8g
+ Trans / trans	0g 41%
<b>Cholesterol / Cholesterol</b>	<b>210mg</b>
<b>Sodium / Sodium</b>	<b>1020mg 42%</b>
<b>Carbohydrate / Glucides</b>	<b>40g 13%</b>
Fibre / Fibres	5g 22%
Sugars / Sucres	12g
<b>Protein / Proteines</b>	<b>23g</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	25%

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

