



## Fried Egg & English Muffin





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #16 Scoop (60 gm)	600 gm (21 oz)
Peanut Butter (soft)	2 teaspoon (10 ml)	50 ml (10 tsp)
Scrambled Eggs	#12 Scoop (75 ml)	375 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

## Nutrition Facts Valeur nutritive

Per 1 each (206g) / par 1 each (206g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 350	
<b>Fat / Lipides</b> 22g	<b>33%</b>
Saturated / satures 8g	
+ Trans / trans 0g	<b>40%</b>
<b>Cholesterol / Cholesterol</b> 200mg	
<b>Sodium / Sodium</b> 620mg	<b>26%</b>
<b>Carbohydrate / Glucides</b> 31g	<b>10%</b>
Fibre / Fibres 5g	<b>20%</b>
Sugars / Sucres 11g	
<b>Protein / Proteines</b> 12g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	15%



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 and 2 tsp (10ml) of soft Peanut Butter into a bowl and whisk to combine.



Place the Whole Wheat Bread and Peanut Butter mixture inside the ringed mold on a plate (approximately 2 x #16 Scoops).

Remove the mold.

3. Place # 12 Scoop (75ml) of scrambled egg on top of pureed bread.

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

