



# Poached Egg, Fruit Salad & 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.)
Butter (soft)	2 tsp (10 ml)	50 ml (10 Tbsp)
Scrambled Eggs	#16 Scoop (60 gm)	320 gm (300 ml)
Pureed Fruit Salad	#16 Scoop (60 ml)	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. Melt butter in microwave until soft.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F



2. Place 2 x #16 Scoop (120 gm) of PE Whole Wheat Bread on a plate. Drizzle butter evenly over the top of the whole wheat bread.



3. Place #12 Scoop (75ml) of scrambled egg on top of pureed bread. Serve with #12 Scoop (75ml) pureed fruit salad on the side. Garnish fruit salad with drizzle of white chocolate sauce.

Nutrition Facts	
Valeur nutritive	
Per 1 each (265g) / par 1 each (265g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>340</b>
<b>Fat / Lipides</b> 20g	<b>30%</b>
Saturated / satures 7g	
+ Trans / trans 0g	<b>36%</b>
<b>Cholesterol / Cholesterol</b>	<b>145mg</b>
<b>Sodium / Sodium</b>	<b>550mg</b>
<b>Carbohydrate / Glucides</b>	<b>37g</b>
Fibre / Fibres 6g	<b>23%</b>
Sugars / Sucres 17g	
<b>Protein / Proteines</b>	<b>10g</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	15%

**Optional** - Garnish eggs with ketchup drop.

