



# Poached Egg and Apple Spice Muffin





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Recipe Items:	1 Portion	5 Portions
PE Apple & Spice Bread Pudding (PE#21758)	#16 Scoop (60 gm)	300 gm (10.5 oz)
Applesauce	1 Tbsp (15ml)	75ml (2.5 fl oz)
Cinnamon Powder	1/5 tsp (1/2 ml)	2 ml (1 tsp)
Scrambled Eggs	#12 Scoop (75 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.

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



2. Place #16 Scoop (60 gm) of Apple and Spice Bread Pudding into a paper muffin cup for service.

Garnish with 1 Tablespoon (15 ml) of applesauce and a fine dusting of cinnamon.



3. Place #12 Scoop (75 ml) of scrambled egg on plate beside the paper muffin cup.

Nutrition Facts	
Valeur nutritive	
Per 1 each (154g) / par 1 each (154g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>210</b>
<b>Fat / Lipides</b> 12g	<b>19%</b>
Saturated / satures	3.5g
+ Trans / trans	0g
<b>Cholesterol / Cholesterol</b>	<b>190mg</b>
<b>Sodium / Sodium</b>	<b>410mg</b>
<b>Carbohydrate / Glucides</b>	<b>19g</b>
Fibre / Fibres	3g
Sugars / Sucres	8g
<b>Protein / Proteines</b>	<b>9g</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	10%

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

