



Scrambled Eggs and Raisin 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)
Puree Stewed Prunes	2 tsp (10 ml)	50 ml (2 fl oz)
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. Apply non-stick cooking spray to a ringed mold for the pureed bread.

Mix 2 x #16 Scoop (60 gm) of PE Whole Wheat Bread and 2 tsp (10 ml) puree stewed prunes.



Place 2 x #16 Scoop (120 gm) of PE Whole Wheat Bread mixture inside the ringed mold on a plate. Remove the mold.

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

Nutrition Facts	
Valeur nutritive	
Per 1 each (200g) / par 1 each (200g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	310
Fat / Lipides	17g 27%
Saturated / satures	5g
+ Trans / trans	0g 26%
Cholesterol / Cholesterol	195mg
Sodium / Sodium	580mg 24%
Carbohydrate / Glucides	32g 11%
Fibre / Fibres	5g 20%
Sugars / Sucres	12g
Protein / Proteines	11g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	15%

Optional - garnish scrambled eggs with ketchup drop.

