



Boiled Egg and Toast
Fried Egg and Toast
Omelette and Toast
Poached Eggs and Toast
Scrambled Eggs and Toast





Scrambled Eggs & Toast

Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #16 Scoop (120 gm)	600 gm (21 oz)
Scrambled Egg	#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.



2. Place 2 x #16 Scoop (120 gm) of PE Whole Wheat Bread on a plate.



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

Nutrition Facts		Valeur nutritive	
Per 1 each (179g) / par 1 each (179g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	280		
Fat / Lipides	15g		24%
Saturated / satures	4g		
+ Trans / trans	0g		23%
Cholesterol / Cholesterol	145mg		
Sodium / Sodium	520mg		22%
Carbohydrate / Glucides	30g		10%
Fibre / Fibres	5g		20%
Sugars / Sucres	11g		
Protein / Proteines	9g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			8%
Iron / Fer			15%

Optional - garnish scrambled eggs with ketchup drop.

