



Boiled Egg and Carrot Muffin



SHALITFOODS
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Recipe Items:	1 Portion	5 Portions
PE Carrot Cake Bread Pudding (PE#21762)	#16 Scoop (60 gm)	300 gm (10.5 oz)
Scrambled Egg	#12 Scoop (75 ml)	75ml (2.5 fl oz)
PE Carrot Mousse (PE#21734)	1 Tbsp (15ml)	5 ml (1 tsp)
Sugar, Powdered	1 tsp (5 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

Nutrition Facts Valeur nutritive

Per 1 each (156g) / par 1 each (156g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 220	
Fat / Lipides 12g	19%
Saturated / satures 4.5g	
+ Trans / trans 0g	24%
Cholesterol / Cholesterol 215mg	
Sodium / Sodium 400mg	17%
Carbohydrate / Glucides 19g	6%
Fibre / Fibres 1g	5%
Sugars / Sucres 12g	
Protein / Proteines 11g	
Vitamin A / Vitamine A	14%
Vitamin C / Vitamine C	0%
Calcium / Calcium	8%
Iron / Fer	10%

2. Place #16 Scoop (60 gm) of PE Carrot Cake Bread Pudding into a paper muffin cup for service.

Garnish top of muffin with 1 Tbsp (15 ml) of PE Carrot Mousse and a fine dusting of powdered sugar.



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

Optional - garnish scrambled eggs with ketchup drop.

