

Quiche

Recipe Yield	50 portions
Serving size	1 slice
Cooking method	Bake
Cooking temperature	375F/195C
Cook time	35-45 minutes
Ingredient amount	Ingredient List
6 1/4 Each	Pie Shell, Frozen 9 inch
38 each	Egg, Shell Large
1 5/8 cup	Milk, Skim Powder
1 5/8 L	Water
1 5/8 L	Spinach, Fresh, chopped
780 mL	Onions, Fresh Green/Spring, chopped
1 5/8 cup	Kale, Fresh
3/4 tsp	Pepper, Black Ground
1 5/8 tsp	Salt, Table
1 5/8 L	Cheese, Cheddar Shredded

Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment. Preheat oven.
2.	Take pie shells out of freezer and let thaw on counter for 15 minutes.
3.	In a large mixing bowl, whisk together eggs and skim milk powder and water.
4.	Add all filling ingredients to the mixing bowl. Mix well. Place thawed shells on baking sheet. Pour egg mixture into shells.
5.	Bake at 375F for 35 minutes until CCP - Cook to an internal temp of 165F/74C held for at least 15 seconds. Slice quiche into 8.
6.	CCP - *Maintain >140F/60C for only 4 hours.
7.	CCP - *Cool: Product must reach 140F to 70F within 2 hours and 70F to 40F within 4 hours.
8.	CCP - Reheat: To temp of 165F/74C held for 15 seconds, within 2 hours - one time only.

Nutrition facts for 1 slice (142 g)

Calories: 298 kcal

Protein: 15 g

Carbohydrates: 14 g

Vitamin K: 66 mcg