



# Quiche With Self-Forming Crust USDA Recipe for Schools

Quiche With Self-Forming Crust is a blend of egg whites, red bell peppers, spinach, cheddar cheese, whole-wheat flour, skim milk, and nutmeg.

### NSLP/SBP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate, 1/8 cup additional vegetable, and 0.25 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Egg whites (frozen), thawed	3 lb 1 oz	1 qt 2 cup 2 Tbsp	6 lb 2 oz	3 qt 1/4 cup	<b>1</b> Pour egg whites and eggs into a commercial mixer (batch as needed). Using a wire whip attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.
Whole eggs (frozen), thawed	1 lb 10 oz	2 2/3 cups 3 Tbsp 1 1/3 tsp	3 lb 4 oz	1 qt 1 3/4 cups 1 1/3 tsp	
Milk, nonfat		3 qt		1 gal 2 qt	<b>2</b> Add milk, flour, baking powder, salt, pepper, and nutmeg (optional). Mix for 4 minutes on low speed.
Flour, whole wheat	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2 1/4 cups	
Baking powder		1/2 tsp		1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 Tbsp		2 Tbsp	
Black or white pepper, ground		1 tsp		2 tsp	
Nutmeg, ground		½ tsp		1 tsp	
*Red bell peppers, fresh, diced	1 lb	3 cup	2 lb	1 qt 2 cup	<b>3</b> Combine peppers, onions, spinach, and egg mixture in a large bowl. Stir well.
*Onions, fresh, chopped	1 lb	3 cup 2 Tbsp	2 lb	1 qt 2¼ cup	
*Spinach, fresh, chopped	12 oz	1 qt ⅔ cup 3 Tbsp 1 tsp	1 lb 8 oz	2 qt 1¾ cup	
					<b>4</b> Pour 3 qt 2 cup (about 7 lb) egg and vegetable mixture into a steam table pan (12" x 20" x 2½") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Cheddar cheese, low-fat, shredded	1 lb 10 oz	1 qt 2½ cup	3 lb 4 oz	3 qt 1 cup	<b>5</b> Sprinkle 3¼ cup (about 13 oz) cheese over each pan.
					<b>6</b> Bake: Conventional oven: 375 °F for 50–60 minutes. Convection oven: 325 °F for 25–35 minutes.
					<b>7</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>8</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>9</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2⅜" x 4").



**NUTRITION INFORMATION**

For 1 piece.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>116</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	59 mg
<b>Sodium</b>	<b>369 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	40 IU
Calcium	152 mg
Iron	1 mg
Potassium	203 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Mature onions	1 lb 4 oz	2 lb 8 oz
Spinach	12 oz	1 lb 8 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 16 lb 2 oz	About 32 lb 4 oz
About 2 gal ¼ cup/2 steam table pans (12" x 20" x 2½")	About 4 gal ½ cup/4 steam table pans (12" x 20" x 2½")

