



Quiche With Self-Forming Crust USDA Recipe for CACFP

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

CACFP CREDITING INFORMATION

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Egg whites (frozen), thawed	1 lb 8½ oz	3 cups 1 Tbsp	3 lb 1 oz	1 qt 2 cups 2 Tbsp	1 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	13 oz	1⅓ cups 1 Tbsp 2⅓ tsp	1 lb 10 oz	2⅔ cups 3 Tbsp 1⅔ tsp	
Milk, nonfat		1 qt 2 cups		3 qt	2 Add milk, flour, baking powder, salt, pepper, and nutmeg (optional). Mix for 4 minutes on low speed.
Flour, whole-wheat	7 oz	1½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking powder		¼ tsp		½ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1½ tsp		1 Tbsp	
Black or white pepper, ground		½ tsp		1 tsp	
Nutmeg, ground		¼ tsp		½ tsp	
*Red bell peppers, fresh, diced	8 oz	1½ cups	1 lb	3 cups	3 Combine peppers, onions, spinach and egg mixture in a large bowl. Stir well.
*Onions, fresh, chopped	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Spinach, fresh, chopped	6 oz	2⅓ cups 1 Tbsp 2 tsp	12 oz	1 qt ⅔ cup 3 Tbsp 1 tsp	4 Pour 3 qt 2 cups (about 7 lb) egg and vegetable mixture into a steam table pan (12" x 20" x 2½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Cheddar cheese, low-fat, shredded	13 oz	3¼ cups	1 lb 10 oz	1 qt 2½ cups	5 Sprinkle 3¼ cup (about 13 oz) cheese over each pan.
					6 Bake: Conventional oven: 375 °F for 50–60 minutes. Convection oven: 325 °F for 25–35 minutes.
					7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8 Critical Control Point: Hold for hot service at 140 °F or higher.
					9 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2⅜" x 4").



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	116
<hr/>	
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	59 mg
Sodium	369 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
<hr/>	
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

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Spinach	6 oz	12 oz
Red bell peppers	10 oz	1 lb 4 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

25 Servings	50 Servings
About 8 lb 1 oz	About 16 lb 2 oz
About 1 gal $\frac{1}{8}$ cup/1 steam table pan (12" x 20" x 2 $\frac{1}{2}$ ")	About 2 gal $\frac{1}{4}$ cup/2 steam table pans (12" x 20" x 2 $\frac{1}{2}$ ")