

Breakfast Bowl with quinoa and sausage

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

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Nutrition Information

Calories	345.00	Protein	16.75g
Fat	17.00g	SaturatedFat	8.00g
Trans Fat	0.00g	Cholesterol	128.75mg
Carbohydrates	32.13g	Fiber	3.00g
Sugar	1.00g	Sodium	360.00mg
Iron	15.80mg	Vitamin C	0.00mg
Vitamin A	383.00IU	Calcium	224.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Ounce	192330	EGG SCRMBD CKD FZ 4-5# CARG	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes
1/4 Ounce	125302	Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.
1/4 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Measurement	DistPart #	Description	Preparation Instructions
1/4 Cup	508600	Gordon Choice White Quinoa, Pre-Washed, 5 Lb Bag, 2/Case	BAKE Add one part of the grain to two parts liquid in a saucepan. After the mixture is brought to a boil, reduce the heat to simmer and cover. One cup of quinoa cooked in this method usually takes 15 minutes to prepare.

Preparation Instructions

Cook ingredients based on package information. Mix egg, meat, and quinoa together. Scoop 1 cup portion into deli container. Sprinkle with cheese