

Breakfast Bowl with quinoa and sausage

Servings:	100.00
Serving Size:	1.00 Cup
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

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Nutrition Information

Calories	365.42	Protein	17.02g
Fat	18.54g	SaturatedFat	7.01g
Trans Fat	0.00g	Cholesterol	212.85mg
Carbohydrates	32.75g	Fiber	3.00g
Sugar	1.00g	Sodium	437.83mg
Iron	4.02mg	Vitamin C	0.00mg
Vitamin A	441.05IU	Calcium	161.23mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
12 1/2 Pound	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
3 13/100 Pound	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.
3 13/100 Pound	150250	CHEESE CHED MLD SHRD 4-5# COMM	

Measurement	DistPart #	Description	Preparation Instructions
25 Cup	508600	Gordon Choice White Quinoa, Pre-Washed, 5 Lb Bag, 2/Case	<p>BAKE</p> <p>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.</p>

Preparation Instructions

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