



SAUSAGE AND EGG BITES



SAUSAGE AND EGG BITES

PORTION
SIZE:
1 BITE

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Eggs, large or Eggs, liquid, whole	25 ea. 1 qt. 1 c.		50 ea. 2 qt. 2 c.		1. Beat whole eggs. 2. Combine eggs, milk, crumbles, cheese, and peppers. 3. Spray 2 1/2" muffin tins with pan release. Portion 1/4 c. egg mixture into each muffin tin. 4. Bake at 350°F for 12-15 minutes until set and golden. 5. Portion 1 bite for serving.
Milk, 1%	1 c.		2 c.		
JENNIE-O® Breakfast Turkey Crumbles Fully Cooked, #640740, thawed		3 lb.		6 lb.	
Cheddar cheese, shredded		13 oz.		1 lb. 10 oz.	
Tricolor bell peppers, diced (1/4")	1 c.		2 c.		

1 serving provides 2 oz. meat/meat alternate.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving

Calories	111 cal	Trans Fat	0 g	Carbohydrates	2 g
Fat	8 g	Cholesterol	116 mg	Dietary Fiber	0 g
Saturated Fat	3 g	Sodium	267 mg	Protein	10 g



check out
our recipes.

Think the pictures look delicious? Find the USDA formatted recipes behind the photos, plus other ideas, online at jennieofoodservice.com/k12