



BROCCOLI, EGG, AND CHEESE PIZZA

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Quick Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	20 minutes
Cook Time:	10 minutes
Total Time:	30 minutes
K-12 Portion Size:	1/10 pizza
Meal Pattern Contribution:	
1.75 oz eq WGR grain, 1 oz eq m/ma	

INGREDIENTS	20 Servings		100 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
16" pizza dough, oven rising or parbaked, WGR		2 each		10 each	<ol style="list-style-type: none"> Day before service, blanch broccoli. Place broccoli in a 2" deep perforated pan. Steam for ~1 minutes or until bright green. Immediately remove and place in refrigerator. Preheat convection oven to 425° F. Chop broccoli into roughly 1/2" pieces. Combine broccoli, cheese, eggs, and ham. Top each crust with 2 1/2 cups toppings. Spread evenly across pizza. Bake for 8-10 minutes or until crust is golden and cheese is melted. Slice each pizza into 10 slices. Serve one slice to each student. <p>CCP: Hold at 41° F or below.</p> <p>CCP: Heat to 135° F or higher for at least 15 seconds.</p> <p>CCP: Hold and serve at 135° F or higher.</p> <p>CCP: No bare hand contact with ready to eat food.</p>
Broccoli, fresh, florets, trimmed	4 oz	~1 cup, chopped 1/2"	1 lb 4 oz	~5 cups, chopped 1/2"	
Cheese, cheddar, low-fat, shredded	10 oz		3 lb 2 oz		
Eggs, scrambled, pre-cooked	10 oz		3 lb 2 oz		
Ham, turkey, water added, cooked, diced	5 oz		1 lb 9 oz		

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NUTRITION INFORMATION

Serving Size 1 slice

NUTRIENTS AMOUNT

Calories 215

Total Fat 8 g

Saturated Fat 4 g

Cholesterol 70 mg

Sodium 420 mg

Total Carbohydrate 22 g

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars <1 g

Protein 10 g

Vitamin D 0.6 mcg

Calcium 10 mg

Iron 1.3 mg

Potassium 140 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat, Soy

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	20 Servings	100 Servings
Broccoli, fresh, untrimmed	5 oz	1 lb 9 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

YIELD/VOLUME

20 Servings	100 Servings
Topping Weight: 1 lb 13 oz	Topping Weight: 9 lb 5 oz
Topping Volume: 1 qt + 1 c	Total Volume: 1 gal + 2 qt + 1 c

