

# Kentucky Dept. of Education

**001355 - Bear Paw Quiche**

**Recipe HACCP Process: #2 Same Day Service**

Source: Harlan County  
 Number of Portions: 48  
 Size of Portion: Serving

Meat/Alt: 3 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.125 Cup  
 Milk: 0 Cup

005668 GROUND TURKEY,85% LN,15% FAT,RAW..... 8 LB 002038 SAGE,GROUND..... 2 TSP 799906 THYME LEAF,DRIED..... 4 TSP, ground 002023 MARJORAM,DRIED..... 4 TSP 002028 PAPRIKA..... 1 TSP 799975 Mrs. Dash Seasoning Blend..... 5 TBSP + 1 TSP 002032 PEPPER,WHITE..... 1 TSP, ground 011282 ONIONS,RAW..... 2 CUP, finely chopped		For Turkey Sausage: Mix spices and ground turkey. Brown turkey to 165 degrees. Halfway through add onions and stir. Remove from heat and set aside. Hold at 135 degrees.
902822 MARGARINE..... 4 CUP 051431 Flour, self-rising..... 16 CUP 001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT..... 6 CUP		For Biscuits: Cut margarine into flour with pastry blender until mixture resembles course meal. Add buttermilk, stirring until ingredients are moistened. Place dough on lightly floured surface and knead 3 or 4 times. Roll dough out to 1.2 inch thickness. Cut 48 rounds with biscuit cutter. Roll each biscuit inot a 5 inch round on floured surface. Spray muffin pan and place biscuits in muffin pan.
043589 CHEESE,SWISS,LOW FAT..... 8 CUP, shredded 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 8 CUP 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 2 Cup Shredded 901062 ONIONS,RED,RAW..... 2 Cup chopped fine 011270 MUSTARD GREENS,RAW..... 2 Cup Chiffonade 903893 EGGS..... 48 Each 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D..... 2 CUP 020067 Sorghum Molasses..... 3 CUP		For Bear Paw Quiche: Heat oven to 350 degrees. Prepare sausage according to recipe and set aside to cool. Prepare zucchini, pepper and mustard greens and mix well with sausage when cool. Beat eggs and milk in large bowl until blended. Spoon 1/4 cup of sausage/vegetable mixture into each biscuit shell. Add 2 TBSP of cheese atop sausage mixture. Pour in egg mixture evenly. Sprinkle with remaining cheese. Bake at 350 degrees until filling is set and biscuits are golden brown, 25-35 minutes. Rotate pans half through the cooking process. Remove from pans and hold at 135 degrees or higher for service. Serve with molasses for dipping.

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	599 kcal	Cholesterol	*77.67* mg	Sugars	*2.96* g	Calcium	*434.52* mg	43.38%	Calories from Total Fat
Total Fat	28.89 g	Sodium	435.73 mg	Protein	37.42 g	Iron	*3.78* mg	17.09%	Calories from Sat Fat
Saturated Fat	11.38 g	Carbohydrate	46.44 g	Vitamin A	*324.80* IU	Water <sup>1</sup>	*117.52* g	*0.21%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.14* g	Dietary Fiber	*2.26* g	Vitamin C	*2.98* mg	Ash <sup>1</sup>	*1.99* g	30.99%	Calories from Carbohydrates
								24.97%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.