

Double Cheese Spiral — Fiesta Breakfast Swirl



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Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Meal Pattern Crediting: 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Recipe HACCP Process: #3 Complex

Portion Size: 1 swirl

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, scrambled, cooked	12 oz.	1 1/2 cups liquid eggs (6 shell eggs)	24 oz.	3 cups liquid eggs (12 shell eggs)	1. Spray 2 inch full size steamtable pan with pan release. 2. Pour liquid eggs into prepared pan, cover and steam for approximately 8 minutes. Eggs may also be cooked on stove top, oven, or small kettle. CCP: Cook until an internal temperature of 145° F is reached. 3. Immediately chill cooked scrambled eggs to 41°F. CCP: Cool to 41°F within 2 hours. Note: Eggs may be prepared 24 hours in advance and held in refrigerator .
Basil, dried		2 tsps.		4 tsps.	4. Combine basil, oregano, thyme and garlic powder. Set aside.
Oregano, dried		2 tsps.		4 tsps.	
Thyme, dried		2 tsps.		4 tsps.	
Garlic powder		1 tsps.		2 tsps.	
Flour, all purpose	As needed		As needed		5. On a lightly floured work surface, roll out 13.8 oz. of dough into a rectangle approximately 1/10-in. thick.
Whole grain pizza dough (See Comments for more information)	27.6 oz.	2 rolls dough	55.2 oz.	4 rolls dough	
Cheddar cheese, reduced fat, reduced sodium, shredded	6 oz.	*	12 oz.	*	6. In a bowl, combine the cheeses; spread 6 oz. of cheese evenly over each dough. (See photo #1) 7. Spread 1 cup of scrambled eggs evenly over cheese. (See photo #2)
Mozzarella cheese, lite, shredded	6 oz.	*	12 oz.	*	8. Sprinkle each dough with 1 1/2 teaspoons of herb seasoning mixture. 9. Roll up dough tightly on the long edge. (See photo #3)

* For cheese, measure weight equivalent according to manufacturer instructions.

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	Weight	Measure	Weight	Measure	
Water, as needed					10. Brush water across the edge of the dough, and pinch to seal. 11. Using a serrated bread knife, cut 12 pieces per roll of dough. (See photo #4)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	12. Place roll ups into 4 oz. muffin tins that have been coated with pan-release spray. (See photo #5) Alternatively, place rolls in an 12 x 20 x 2-inch steam table pan coated with pan-release spray. (See photo #6) 13. Bake at 350°F for 15 – 18 minutes in a conventional oven (or at 325°F for 10 – 13 minutes in a convection oven) or until the dough is golden brown. CCP: Cook until an internal temperature of 165° F is reached. CCP: Hold and serve at 135°F or higher. Serve using tongs. CCP: No bare hand contact with ready to eat food.

Comments
For best results, use a 4 oz. muffin pan. Alternatively, place rolls, cut side down, in an 12 x 20 x 2-in. steam table pan coated with pan-release spray.
For nutrition analysis, we used Pillsbury® Artisan Pizza Crust with Whole Grain, with a single-tube weight of 13.8 oz. Dough from Brunswick Food Services, Gordon Food Service, Rich's® and others also may be used for this recipe.
Ground, pre-cooked sausage may be used in place of egg. Use 6 oz. sausage for 24 servings. Use of Mexican seasoning (below) in place of herb seasoning mixture recommended.
Diced ham may be used in place of egg. Use 6 oz. diced ham for 24 servings. Recommend omitting herb seasoning mixture.
Mexican seasoning can be pre-packaged taco or chorizo seasoning, or made from scratch using (for 24 servings) 2 teaspoons each cumin, chili powder and paprika, plus 1 teaspoon onion powder.
For Fiesta Breakfast Swirl, use Mexican seasoning in place of herb seasoning mixture. Double amounts of both cheeses. Omit egg.

Double Cheese Spiral Nutrients Per Serving—Analyzed using NutriKids software			
Calories	172	Saturated Fat 2.45 g	Iron 1.05 mg
Protein	7.85 g	Cholesterol 77.19 mg	Calcium 125.26 mg
Carbohydrate	16.13 g	Vitamin A 246.34 IU	Sodium 293.02 mg
Total Fat	8.05 g	Vitamin C 0.31 mg	Dietary Fiber 1.12 g

Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3



Photo #4



Photo #5



Photo #6

