



Double
Cheese Spiral
—
Fiesta Breakfast
Swirl

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Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Recipe HACCP Process: #3 Complex

Portion Size: 1 swirl

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

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)	<ol style="list-style-type: none"> 1. Spray 2 inch full size steamtable pan with pan <u>release</u>. 2. Pour liquid eggs into prepared pan, cover and steam for approximately 8 <u>minutes</u>. Eggs may also be cooked on stove top, oven, or small <u>kettle</u>. CCP: Cook until an internal temperature of 145° F is <u>reached</u>. 3. Immediately chill cooked scrambled eggs to 41°E. CCP: Cool to 41°F within 2 <u>hours</u>. Note: Eggs may be prepared 24 hours in advance and held in <u>refrigerator</u>.
Basil, dried		2 <u>tsps</u>		4 <u>tsps</u>	<ol style="list-style-type: none"> 4. Combine basil, oregano, thyme and garlic <u>powder</u>. Set <u>aside</u>.
Oregano, dried		2 <u>tsps</u>		4 <u>tsps</u>	
Thyme, dried		2 <u>tsps</u>		4 <u>tsps</u>	
Garlic powder		1 <u>tsps</u>		2 <u>tsps</u>	
Flour, all purpose	As needed		As needed		<ol style="list-style-type: none"> 5. On a lightly floured work surface, roll out 13.8 <u>oz</u> of dough into a rectangle approximately 1/10-in <u>thick</u>.
Whole grain pizza dough (See Comments for more information)	27.6 <u>oz</u>	2 rolls dough	55.2 <u>oz</u>	4 rolls dough	
Cheddar cheese, reduced fat, reduced sodium, shredded	6 <u>oz</u>	*	12 <u>oz</u>	*	<ol style="list-style-type: none"> 6. In a bowl, combine the cheeses; spread 6 <u>oz</u> of cheese evenly over each <u>dough</u>. (See photo #1) 7. Spread 1 cup of scrambled eggs evenly over <u>cheese</u>. (See photo #2) 8. Sprinkle each dough with 1 1/2 teaspoons of herb seasoning <u>mixture</u>. 9. Roll up dough tightly on the long <u>edge</u>. (See photo #3)
Mozzarella cheese, lite, shredded	6 <u>oz</u>	*	12 <u>oz</u>	*	

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

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

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	<u>Cholesterol</u>	<u>77</u> .19 mg	Calcium	125.26 mg
<u>Carbohydrate</u>	<u>16</u> .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

Photo #1



Photo #2



Photo #3



Photo #4



Photo #5



Photo #6

