

Sausage, Egg and Cheese Breakfast Bowl

Gold Kist Farms® Dark Meat Sausage Patty (6390) makes a satisfying breakfast or lunch when served with scrambled eggs and roasted potatoes.



YIELD

100 servings

MENU FIT/DAYPART

Breakfast/Lunch

COMPONENTS

3 oz eq M/MA

1/2 cup starchy vegetable

DIFFICULTY

Easier

ALLERGENS

Egg, Dairy

INGREDIENTS AND PREPARATION

100 servings (1 - 1.37oz patty each) Gold Kist Dark Meat Breakfast Sausage (6390)

100 servings scrambled eggs (1 egg/serving)

100 1/2 cup servings roasted diced potatoes

3.15 pounds shredded Cheddar cheese (1/2 ounce per serving)

1. Preheat oven (convection to 350°F; conventional to 400 ° F). Place frozen chicken patties in a single layer on an ungreased baking pan. Bake uncovered for 8 minutes in a convection oven or 15 minutes in a conventional oven or until internal temperature reaches 165 ° F.
2. Meanwhile, prepare scrambled eggs and potatoes as directed.
3. To serve, dish 1/2 cup roasted potatoes, 1 scrambled egg, 1 sausage patty and 1/2 ounce cheese in individual serving boats. Serve hot.

Nutrition Facts	
Serving Size (273g) (1 bowl)	
Amount Per Serving	
Calories 390	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 265mg	88%
Sodium 900mg	38%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 29g	
Vitamin A 15%	Vitamin C 8%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: Serve with fruit and milk for a complete meal. This meal works well for breakfast or lunch. Use Pepper Jack cheese for a spicy kick. Roasted potatoes can be substituted for hash browns or roasted sweet potatoes.



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