

LYONS
THICK
& EASY®

Level 4 Pureed Eggs Benedict





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INGREDIENTS

	1 Serving	4 Serving	8 Serving	16 Serving
THICK & EASY® Pureed Bread & Dessert Mix Item: 118519	2 Tbsp	½ cup	½ (10.6 oz) bag (about 1 cup)	1 – 10.6 oz bag
Vegetable oil	½ Tbsp	2 Tbsp	¼ cup	½ cup
Water, hot	3 Tbsp	¾ cup	1 ½ cups	3 cups
THICK & EASY® Pureed Shaped Ham Item: 25435	1 (3 oz) portion	4 (3 oz) portions	8 (3 oz) portions	16 (3 oz) portions
THICK & EASY® Pureed Shaped Omelet Item: 72475	1 (2.5 oz) portion	4 (2.5 oz) portions	8 (2.5 oz) por- tions	16 (2.5 oz) portions
Hollandaise sauce, prepared	2 Tbsp (1 oz)	½ cup (4 oz)	1 cup (8 oz)	2 cups (16 oz)

NUTRITION

Serving Size: 1 portion
Calories: 430
Total Fat: 3g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 5mg
Sodium: 1110mg
Total Carbs: 19g
Dietary Fiber: 0g
Total Sugars: 3g
Added Sugars: 0g
Protein: 22g
Calcium: 0% DV
Iron: 0% DV
Potassium: 0% DV

DIRECTIONS

1. Stir together bread mix and vegetable oil until mixture resembles wet sand.
2. Add hot water and stir briskly with wire whip until blended.
3. Immediately portion into small round pans, dishes, or molds to achieve a round shape. Or allow entire mixture to set, then scoop a 2 oz portion onto each serving dish and shape into a circle.
4. Heat **Pureed Shaped Ham** and **Pureed Shaped Omelet** portions as directed on package.
5. Place prepared bread that is shaped into a circle onto a serving plate. Top with heated ham portion followed by heated omelet portion.
6. Garnish with hollandaise sauce and sprinkle with paprika.
7. Serve immediately.