



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



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Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Basil, dried		2 tsps.		4 tsps.	1. 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, as needed					2. 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	27.6 oz.	2 rolls dough	55.2 oz.	4 rolls dough	
Cheddar cheese, reduced fat, reduced sodium, 1/4-in. diced	6 oz.	*	12 oz.	*	3. In a bowl, combine the cheeses; spread evenly across the dough. (See photo #1)
Mozzarella cheese, lite, shredded	6 oz.	*	12 oz.	*	
Eggs, scrambled, cooked	12 oz.	4 cups	24 oz.	8 cups	4. Spread scrambled eggs evenly over cheese. (See photo #2)
					5. Sprinkle with herb seasoning mixture.
					6. Roll up dough tightly on the long edge. (See photo #3)
Water, as needed					7. Brush water across the edge of the dough, and pinch to seal.
					8. Cut 12 pieces per roll of dough. (See photo #4)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	9. Place roll ups into 4 oz. muffin tins that have been coated with pan-release spray. (See photo #5) Alternatively, place rolls in an 11 x 18 x 2-in. steam table pan coated with pan-release spray. (See photo #6)
					10. 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.

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

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Comments
For best results, use a 4 oz. muffin pan. Alternatively, place rolls, cut side down, in an 11 x 18 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

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Photo #1



Photo #2



Photo #3



Photo #4



Photo #5



Photo #6

