

Scrambled Eggs

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4165
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	2 Gallon 1 Cup (33 Cup)		584584

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving	
Calories	70.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	125.00mg
Sodium	220.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	1.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available