

# Eggs Scrambled USDA

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #16 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1601
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

## Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
  2. Add milk and salt. Mix until well blended.
  3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
  4. Bake:  
Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.  
Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.  
DO NOT OVERCOOK  
CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.
  5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
  6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
  7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.
- Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)
8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving	
<b>Calories</b>	54.65
<b>Fat</b>	2.78g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	103.76mg
<b>Sodium</b>	97.11mg
<b>Carbohydrates</b>	2.36g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.36g
<b>Protein</b>	4.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 73.79mg	<b>Iron</b> 0.52mg

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

### Nutrition - Per 100g

No 100g Conversion Available