

# EggStravaganza



|               |                           |                |                  |
|---------------|---------------------------|----------------|------------------|
| Servings:     | 1.00                      | Category:      | Entree           |
| Serving Size: | 1.00 Serving              | HACCP Process: | Same Day Service |
| Meal Type:    | Breakfast                 | Recipe ID:     | R-9931           |
| School:       | Central Elementary School |                |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions   | DistPart # |
|-----------------------------|-------------|---|------------|
| EGG SCRMBD CKD<br>W/BCN CHS | 3 Ounce     | Thaw. Bake in a pan sprayed with pan release. Cover pan with foil.<br>Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes.<br>Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes. | 533034     |

## Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.640 |
| <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: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 180.00           |        |
| <b>Fat</b>           |         | 13.50g           |        |
| <b>SaturatedFat</b>  |         | 4.50g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 255.00mg         |        |
| <b>Sodium</b>        |         | 420.00mg         |        |
| <b>Carbohydrates</b> |         | 1.50g            |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 1.50g            |        |
| <b>Protein</b>       |         | 12.00g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 90.00mg | <b>Iron</b>      | 1.08mg |

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

## Nutrition - Per 100g

No 100g Conversion Available