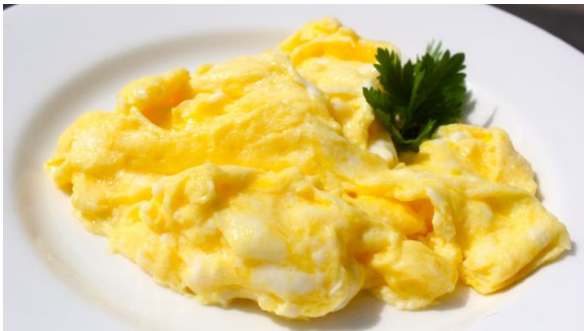


Scrambled Eggs



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23207
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

BAKE
Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes
CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 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

Meat	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		90.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		190.00mg	
Sodium		260.00mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available