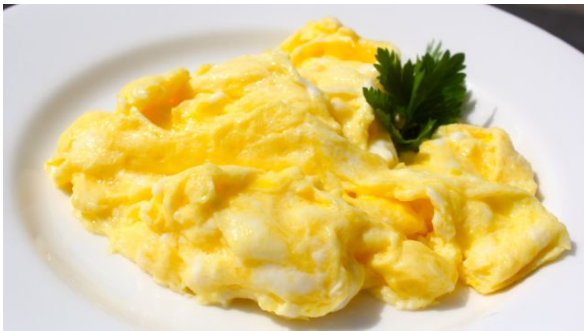


# Scrambled Eggs



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

<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: 1.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available