

Eggs Scrambled USDA



Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601
School:	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 mintues. 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

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving			
Calories		54.65	
Fat		2.78g	
Saturated Fat		0.83g	
Trans Fat		0.00g	
Cholesterol		103.76mg	
Sodium		97.11mg	
Carbohydrates		2.36g	
Fiber		0.00g	
Sugar		2.36g	
Added Sugar		0.00g	
Protein		4.91g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	73.79mg	Iron	0.52mg

Nutrition - Per 100g

No 100g Conversion Available