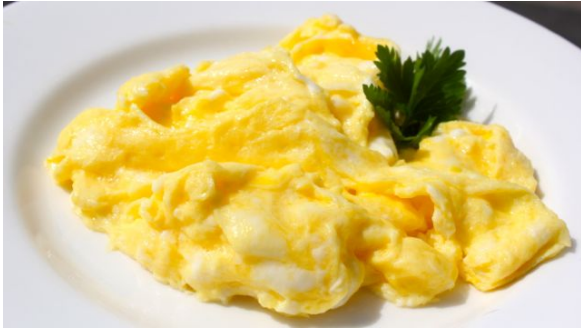


Scrambled Eggs



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

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	90.00		
Fat	6.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	190.00mg		
Sodium	260.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	36.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available