

# Scrambled Eggs & Whole Grain Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10796

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 Teaspoon		299405
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
EGG SCRMBD IQF	1/2 Cup		148163

## Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

—

Take 6oz paper boat and scoop 1/2 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 dregrees F or higher.

—

There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

—

If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

jsh 12.11.24

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	3.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving	
<b>Calories</b>	172.12
<b>Fat</b>	12.79g
<b>Saturated Fat</b>	5.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	388.79mg
<b>Sodium</b>	261.67mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.06g
<b>Total Sugar</b>	0.06g
<b>Added Sugar</b>	0.06g
<b>Protein</b>	12.21g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 1.55mg

## Nutrition - Per 100g

<b>Calories</b>	3646.64
<b>Fat</b>	270.93g
<b>Saturated Fat</b>	113.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8237.03mg
<b>Sodium</b>	5543.79mg
<b>Carbohydrates</b>	42.37g
<b>Fiber</b>	1.28g
<b>Total Sugar</b>	1.28g
<b>Added Sugar</b>	1.28g
<b>Protein</b>	258.73g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1292.37mg	<b>Iron</b> 32.74mg