



USDA Foods in Schools

110845 - Eggs, Liquid Whole, Frozen Category: Meat/Meat Alternate



Product Description

- This item is Grade A, AA, or Nest-Run frozen, homogenized whole eggs with a color stabilizer. The liquid eggs are frozen and packaged in a pitcher-pour 2-pound carton with twelve cartons per case.

Crediting/Yield

- One case of liquid whole eggs yields about 432 1.5 Tablespoon servings.
- CN Crediting: 1.5 Tablespoons of liquid whole eggs yields 1 ounce equivalent meat/meat alternate.

Culinary Tips and Recipes

- Liquid eggs can be cooked and served as a meat alternate or used as an ingredient in recipes when cooking or baking.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1.5 Tbsp (25 g)/1 MMA eggs, liquid whole

Amount Per Serving

Calories 35

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 108mg

Sodium 35mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 3g

Source: USDA Foods Vendor Labels

Allergen Information: Contains eggs. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.