Scrambled Eggs Component: Meat Alternate

Component: Meat Alternate Recipe Category: Meat Alternate Recipe #D-34

	50 Servings		Servings			
Ingredients	Weight	Measure	Weight	Measure	Directions	
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large Skim or low-fat milk Salt	5 lb 9 oz	2 qt 2 ½ cups OR 50 each 1 qt 1 ½ tsp			 Beat eggs thoroughly. Add milk and salt. Mix until well blended. Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional oven: 350° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes DO NOT OVERCOOK CCP: Heat eggs to 155° F for 15 seconds OR heat to 145° F for 3 minutes. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance. CCP: Hold for hot service 135° F or higher. For best results, serve within 15 minutes. 	

Scrambled Eggs Food Component: Meat/ meat alternate

Recipe Category: Main Dish

Notes:

Nutrient information from Food Processor.

Serving: ½ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate	Yield:	Volume:
1-2 years: 2 Tbsp provides 1 oz equivalent meat/meat alternate	50 Servings: 2 steam table pans	50 Servings: about 3 quarts ½ cup
3-5 years: 2 Tbsp provides 1 oz equivalent meat/meat alternate	100 Servings: 4 steam table pans	100 Servings: about 1 gallon 2 ¼ quarts
6-18 years: ¼ cup provides 2 oz equivalent meat/meat alternate		

Nutrients Per Serv	ing				
Calories	85.70	Saturated Fat	1.76 g	Iron	0.60 mg
Protein	6.95 g	Cholesterol	187.48 mg	Calcium	49.44 mg
Carbohydrate	1.53 g	Vitamin A	85.85 RAE mcg	Sodium	140.35 mg
Total Fat	5.49 g	Vitamin C	0 mg	Dietary Fiber (2016)	0.0 g