



# Scrambled Eggs

Food Component: Meat/ meat alternate

Recipe Category: Main Dish

## Notes:

Nutrient information from Food Processor.

<b>Serving:</b> ¼ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate	<b>Yield:</b>	<b>Volume:</b>
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		

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