

# Scrambled Eggs

Component: Meat Alternate

Recipe Category: Meat Alternate

Recipe #D-34

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasteurized frozen whole eggs, thawed  OR Pasteurized fresh eggs, large	5 lb 9 oz	2 qt 2 ½ cups  OR 50 each			<p>1. Beat eggs thoroughly.</p> <p>2. Add milk and salt. Mix until well blended.</p> <p>3. 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.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. 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</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.</p> <p>6. For best results, serve within 15 minutes.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Skim or low-fat milk		1 qt			
Salt		1 ½ tsp			

# 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