## 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 | 5 lb 9 oz   | 2 qt 2 ½ cups<br>OR<br>50 each |          |         | <ol> <li>Beat eggs thoroughly.</li> <li>Add milk and salt. Mix until well blended.</li> <li>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</li> </ol>   |  |
| Salt   |             | 1 ½ tsp                        |          |         | <ul> <li>pans.</li> <li>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</li> <li>5. CCP: Heat eggs to 155° F for 15 seconds OR heat to 145° F for 3 minutes.</li> <li>6. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.</li> <li>7. CCP: Hold for hot service 135° F or higher.</li> <li>8. For best results, serve within 15 minutes.</li> </ul> |  |

## Scrambled Eggs Food Component: Meat/ meat alternate

Recipe Category: Main Dish

## Notes:

Nutrient information from Food Processor.

| <b>Serving:</b> 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                    |                                  |   |

| <b>Nutrients Per Servi</b> | ng     |               |               |                      |           |
|----------------------------|--------|---------------|---------------|----------------------|-----------|
| 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     |