



# 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     |