

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|---------------|-------------|---------------|---|
| | Weight | Measure | Weight | Measure | |
| Frozen whole eggs, thawed | 2 lb 13 oz | 1 qt 1 ¾ cups | 5 lb 10 oz | 2 qt 2 ¾ cups | <ol style="list-style-type: none"> 1. Beat eggs thoroughly. 2. Add milk and salt. Mix until well blended. 3. Into each half-steamtable pan (12" x 10" x 2") which has been lightly coated with pan release spray, pour 3 lb 13 oz (1 qt 3 ¾ cups) egg mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Bake: Conventional oven: 350° F for 20 minutes Stir once after 15 minutes. Convection oven: 300° F for 10 minutes DO NOT OVERCOOK CCP: Heat to 160° F or higher. 5. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance. 6. To each pan, add approximately 2 Tbsp 2 tsp margarine or butter (optional). Stir. 7. Sprinkle 8 oz (2 cups) cheese (optional) over each pan. 8. CCP: Hold for hot service at 140° F or warmer. For best results, serve within 15 minutes. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. |
| OR Fresh large eggs | | OR 23 each | | OR 46 each | |
| Instant nonfat dry milk, reconstituted | | 2 cups | | 1 qt | |
| Salt | | ¾ tsp | | 1 ½ tsp | |
| Margarine or butter (optional) | | 2 Tbsp 2 tsp | | ½ cup | |
| Reduced fat Cheddar cheese, shredded (optional) | 8 oz | 2 cups | 1 lb | 1 qt | |

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| SERVING: | YIELD: | VOLUME: |
|---|----------------------------|--|
| 1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat. | 25 Servings: 1 pan | 25 Servings: 1 quart 3 ¾ cups (uncooked) |
| | 50 Servings: 2 pans | 50 Servings: 3 quarts 2 ¾ cups (uncooked) |
| Edited 2014 | | |

| Nutrients Per Serving | | | | | |
|-----------------------|--------|----------------------|--------|----------------------|---------|
| Calories | 91 | Saturated Fat | 1.89 g | Iron | 0.62 mg |
| Protein | 6.29 g | Cholesterol | 180 mg | Calcium | 58 mg |
| Carbohydrate | 2.06 g | Vitamin A | 361 IU | Sodium | 223 mg |
| Total Fat | 6.24 g | Vitamin C | 0.2 mg | Dietary Fiber | 0 g |