



Scrambled Eggs

USDA Recipe for CACFP

Scramble things up in the morning with eggs! This satisfying combination of eggs, margarine (low-fat and trans-fat free), and skim milk come together to create a delightfully light and nutritious way to start the day.

CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides 2 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole eggs, frozen, thawed	3 lb	1 qt 1 ½ cups 2 Tbsp	6 lb	2 qt 3 ¼ cups	1 Beat eggs thoroughly. 2 Add milk and salt. Stir well.
Nonfat milk		2 cups		1 qt	
Salt		¾ tsp		1 ½ tsp	
					3 Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Pour 1 qt 3 ½ cups 2 Tbsp egg mixture into each pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<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>5 Critical Control Point: Heat to 165 °F for 15 seconds.</p>
					<p>6 Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.</p>
Margarine, trans-fat free		2 ½ Tbsp	2 ½ oz	⅓ cup	<p>7 Add 2 ½ Tbsp margarine to each pan. Stir well.</p>
Dried parsley		1 ½ tsp		1 Tbsp	<p>8 Garnish with parsley.</p>
					<p>9 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>10 For best results, serve within 15 minutes.</p>
					<p>11 If desired serve with ¼ cup Pico de Gallo (see Pico de Gallo USDA Recipe for CACFP).</p>
					<p>12 Portion with No. 16 scoop (¼ cup).</p>



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	97
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	203 mg
Sodium	158 mg
Total Carbohydrate	2 g
Dietary Fiber	N/A
Total Sugars	1 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	54 IU
Calcium	59 mg
Iron	1 mg
Potassium	105 mg

N/A=data not available.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lb 14 oz	About 7 lb 12 oz
About 1 ½ qt 1 ⅔ cups/1 steam table pan	About 3 qt 3 ½ cups/2 steam table pans

SOURCE

USDA Standardized Recipes Project.