



# Scrambled Eggs

## USDA Recipe for Schools

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.

### NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole eggs, frozen, thawed	6 lb	2 qt 3 ¼ cups	12 lb	1 gal 1 qt 2 ½ cups	<b>1</b> Beat eggs thoroughly.
Nonfat milk		1 qt		2 qt	<b>2</b> Add milk and salt. Stir well.
Salt		1 ½ tsp		1 Tbsp	
					<b>3</b> 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 50 servings, use 2 pan. For 100 servings, use 4 pans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>4</b> 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><b>5</b> Critical Control Point:                      Heat to 165 °F for 15 seconds.</p>
					<p><b>6</b> Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.</p>
Margarine, trans-fat free	2 ½ oz	1/3 cup	5 oz	2/3 cup	<p><b>7</b> Add 2 ½ Tbsp margarine to each pan. Stir well.</p>
Dried parsley		1 Tbsp		2 Tbsp	<p><b>8</b> Garnish with parsley.</p>
					<p><b>9</b> Critical Control Point:                      Hold for hot service at 135 °F or higher.</p>
					<p><b>10</b> For best results, serve within 15 minutes.</p>
					<p><b>11</b> If desired serve with ¼ cup Pico de Gallo (see Pico de Gallo USDA Recipe for Schools).</p>
					<p><b>12</b> Portion with No. 16 scoop ( ¼ cup).</p>



**NUTRITION INFORMATION**

For ¼ cup (No. 16 scoop).

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

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

50 Servings	100 Servings
About 7 lb 12 oz	About 15 lb 8 oz
About 3 qt 3 ½ cups/2 steam table pans	About 1 gal 1 qt/4 steam table pans