

Scrambled Eggs

Meat/Meat Alternate

Main Dishes

D-34

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 lb 9 oz	2 qt 2 ½ cups	11 lb 2 oz	1 gal 1 ¼ qt	1. Beat eggs thoroughly.
Instant nonfat dry milk, reconstituted		1 qt		2 qt	2. Add milk and salt. Mix until well blended.
Salt		1 ½ tsp		1 Tbsp	
					3. Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steamtable 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 pans.
					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 CCP: Heat to 145° F for 3 minutes.
					5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
Margarine or butter (optional)	2 ½ oz	⅓ cup	5 oz	⅓ cup	6. Add 1 ¼ oz (2 Tbsp 1 ½ tsp) margarine or butter (optional) to each pan. Stir.
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	7. CCP: Hold for hot service 135° F or higher. Sprinkle 7 oz (1 ¾ cups) cheese (optional) over each pan.
					8. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes.

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate.	50 Servings: 2 steamtable pans	50 Servings: about 3 quarts ½ cup

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100 Servings: 4 steamtable pans

100 Servings: about 1 gallon 2 ¼ quarts

Edited 2004

Special Tip:

For 50 servings, use 1 lb 9 oz (2 qt ⅓ cup) dried whole eggs and 2 qt ⅓ cup water in place of eggs.

For 100 servings, use 3 lb 2 oz (1 gal ⅔ cup) dried whole eggs and 1 gal ⅔ cup water in place of eggs.

Nutrients Per Serving

Calories	82	Saturated Fat	1.57 g	Iron	0.74 mg
Protein	7.02 g	Cholesterol	215 mg	Calcium	50 mg
Carbohydrate	1.65 g	Vitamin A	321 IU	Sodium	144 mg
Total Fat	5.07 g	Vitamin C	0.1 mg	Dietary Fiber	0.0 g