

Baked Scrambled Eggs

Meal Components: Meat / 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 3/8 cups	5 lb 10 oz	2 qt 2 3/4 cups	<ol style="list-style-type: none"> 1. Beat eggs thoroughly.
OR		OR		OR	
Fresh large eggs		23 each		46 each	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	<ol style="list-style-type: none"> 2. Add milk and salt. Mix until well blended
Salt		3/4 tsp		1 1/2 tsp	
					<ol style="list-style-type: none"> 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 ? 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.
Margarine or butter (optional)		2 Tbsp 2 tsp		1/3 cup	<ol style="list-style-type: none"> 6. To each pan, add approximately 2 Tbsp 2 tsp

Reduced fat Cheddar cheese,
shredded (optional)

8 oz

2 cups

1 lb

1 qt

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.

Serving	Yield	Volume
1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.	25 Servings: 1 pan 50 Servings: 2 pans	25 Servings: 1 quart 3 7/8 cups (uncooked) 50 Servings: 3 quarts 2 3/4 cups (uncooked)

Nutrients Per Serving					
Calories	91	Saturated Fat	2 g	Iron	1 mg
Protein	6 g	Cholesterol	180 mg	Calcium	58 mg
Carbohydrate	2 g	Vitamin A	361 IU	Sodium	223 mg
Total Fat	6 g	Vitamin C		Dietary Fiber	