

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs OR		25 each		50 each	1. Beat eggs thoroughly.
Frozen whole eggs, thawed	2 lb 12 1/2 oz	1 qt 1 1/2 cups	5 lb 9 oz	2 qt 3 cups	2. Add milk and salt. Mix until well blended.
Reconstituted instant nonfat dry milk		2 cups		1 qt	
Salt		3/4 tsp		1 1/2 tsp	3. For 25 servings, pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into a lightly greased steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 steamtable pans.
					4. Bake or steam. To Bake: Conventional Oven: 350 degrees F, 20 minutes Stir once after 15 minutes. Convection Oven: 300 degrees F, 10 minutes To Steam: 5 lb pressure, 3 to 5 minutes DO NOT STIR WHILE STEAMING. DO NOT OVERCOOK. CCP Heat to 155 degrees F or higher for at least 15 seconds.
Butter or margarine (optional)		2 Tbsp 2 tsp		1/3 cup	5. Remove from oven or steamer. Stir well. Eggs will be cooked completely but still have a slightly moist appearance.
Cheddar cheese, shredded (optional)	7 oz	2 cups	14 oz	1 qt	6. To each pan, add approximately 1 1/4 oz (2 Tbsp 1 1/2 tsp) butter or margarine (optional). Stir. 7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan.
					8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1 large egg	25 Servings: 1 steamtable pan	25 Servings:
	50 Servings: 2 steamtable pans	50 Servings:

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Nutrients Per Serving

Calories	82	Saturated Fat	1.6 g	Iron	.7 mg
Protein	7 g	Cholesterol	215 mg	Calcium	50 mg
Carbohydrate	2 g	Vitamin A	96 RE/321 IU	Sodium	144 mg
Total Fat	5.1 g	Vitamin C	0 mg	Dietary Fiber	0 g