

**SCRAMBLED EGGS**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
144 cal	1 g	11 g	10 g	392 mg	121 mg	54 mg

**Ingredient**EGGS,WHOLE,FROZEN  
OIL,SALAD**Weight**20 lbs  
3-7/8 oz**Measure**2 gal 1-1/3 qts  
1/2 cup**Issue****Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm, until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: Using a convection oven, bake at 350 F. 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.