

**SCRAMBLED EGGS (FROZEN EGGS AND EGG WHITES)**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	1 g	10 g	6 g	196 mg	132 mg	30 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD

**Weight**

10 lbs  
 10 lbs  
 3-7/8 oz

**Measure**

1 gal 2/3 qts  
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 1/2 cup

**Issue****Method**

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

**Notes**

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