

SCRAMBLED EGGS AND CHEESE

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	1 g	15 g	16 g	411 mg	233 mg	184 mg

Ingredient

EGGS,WHOLE,FROZEN
OIL,SALAD
CHEESE,CHEDDAR,SHREDDED

Weight

20 lbs
3-7/8 oz
4 lbs

Measure

2 gal 1-1/3 qts
1/2 cup
1 gal

Issue**Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Sprinkle cheese, using about 1 cup per 1 quart of egg mixture, over partially cooked eggs. Stir gently until cheese is melted and well blended. Cook slowly until firm or 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 at 140 F. or higher.

Notes

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