

**SCRAMBLED EGGS AND HAM**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
171 cal	1 g	14 g	12 g	401 mg	352 mg	55 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
OIL,SALAD  
HAM,COOKED,BONELESS

**Weight**

20 lbs  
3-7/8 oz  
4 lbs

**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. Dice ham. Add diced ham, about 1 cup per 1 quart of egg mix, over partially cooked eggs. Stir well. 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 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.