

# Scrambled Eggs w/Cheese - for Breakfast and Brunch

<b>Recipe:</b>	R-3185	<b>HACCP Process:</b>	Same Day Service		
<b># of Servings:</b>	20.00	<b>Serving Size:</b>	3 oz	<b>Source:</b>	Local
<b>Grams Per Serving:</b>	90.06	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00
<b>Cost Per Serving:</b>	0.29				

Inventory Item Code	Ingredients	Measurements	Directions
14-00332	EGG, LIQUID WHOLE PASTEURIZED CARTON FROZEN (SY 14-15)	3 LB + 5-1/3 OZ	1. Clean and sanitize workstation. In a large bowl, add salt, pepper, and eggs. Beat thoroughly.  2. Spray hotel pan (12" x 20" x 2 1/2") lightly with pan spray and pour egg mixture into each hotel pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.  3. Steam eggs with no lid for 10 minutes. Cook eggs to an internal temperature of 165°. Whisk eggs into a scrambled look.
14-00097	Salt, Table iodized canister(Monarch sy 14-15)	2/5 TSP	
14-00092	Spice, pepper black ground plastic shaker 30m	3/4 TSP	
14-00012	cheese, cheddar mild shred feather yellow(sy14-15)	2 CUP + 1/2 CUP	4. Incorporate 2 cups of cheese into eggs. (Reserve 1/2 cup cheese for step 6.)  5. Place eggs in oven at 350° for 3-4 minutes until cheese melts and internal temperature reaches 165°.
<b>CCP: Place product in warming cabinet or directly on serving line and hold above 135°.</b>			6. After placing pan on serving line, finish by sprinkling remaining 1/2 cup of cheese. Portion with 3oz. scoop. For best results, serve within 30 minutes.

## Notes:

**Production Notes:** Thaw eggs 2 days before service on the cooler bottom shelf in a hotel pan. Label, date.  
**Serving Notes:** SERVE A 3oz PORTION  
 Update: 10/9/17

Nutrients Per Serving:		( per 3 oz )			
Calories	168.889	Trans Fat (gm)	0.000	Iron (mg)	1.361
Protein (gm)	13.359	Chol (mg)	332.649	Calc (mg)	146.252
Carb (gm)	1.260	Vit A (IU)	529.333	Sodium (mg)	240.764
Tot Fat (gm)	12.100	Vit C (mg)	0.000	Fiber (gm)	0.000
Sat Fat (gm)	5.295			Sugars (gm)	0.756

**Note: \* means nutrient data is missing or not available.**

## Meal Components: ( per 3 oz )

Fruit (Cups)	Vegetables (Cups)					Other	0.000
	Dark Green	Red/Orange	Beans/Peas	Starchy			
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	0.000	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	0.000

## Allergens:

**Milk, Eggs**