

Food and Nutrition Services

Recipe Instructions

E 0129 Hard Cooked Egg

| Served by Site | Servings | Serving Size | Portion Size | Scoop |
|----------------|--------------|--------------|--------------|-------|
| | 100 Portions | All | 1 Egg | |

Steps and Instructions

| Percent of Total Weight | Catalog Number | Ingredient Description | Total Weight | Measures | Instructions |
|-------------------------|----------------|-------------------------|----------------|----------|--|
| 100.00% | GF 8566205 | Egg, Hard Cooked 8/18ct | 9 lb 14.730 oz | 100 Egg | <p>Step 1: Eggs</p> <p>Instructions: Place eggs single layered in a 4" full hotel pan with 2 cups of water and steam for 8-12 minutes at 212f until product reaches internal temperature of 145°F.</p> <p>Keep eggs at above 140°F until ready to assemble bowls.</p> <p>NOTE: place eggs in 6oz squat cup with 2tbsp of water cover with lid and place on hot line. Prevents discoloration of eggs and keeps moisture</p> <p>CCP: Cooking eggs for immediate 145°F (63°C) for 15 seconds consumption</p> |
| | | | | | <p>Step 2: Assembling</p> <p>Instructions: To Assemble:</p> <p>Place 1 egg in 6 oz squat cup and offer with additional grain item such as grits or toast or as specified on menu.</p> <p>For Head Start and PreK students; slice egg to reduce risk for choking.</p> <p>Contribution at breakfast if served together: 1 protein item</p> |

E 0129 Hard Cooked Egg

Allergens

Eggs

Nutrient Data for Serving Size: All

| | | | | | | | |
|---------------------|---------|-----------|-------|---------------|-------|---------------|--------|
| Calories | 70 kCal | Total Fat | 5 g | Saturated Fat | 1.5 g | Trans Fat | 0 g |
| Cholesterol | 170 mg | Sodium | 55 mg | Potassium | mg | Carbohydrates | 1 g |
| Total Dietary Fiber | 0 g | Sugars | 1 g | Protein | 6 g | Vitamin A | 300 IU |
| Vitamin C | 0 mg | Vitamin D | mcg | Calcium | 20 mg | Iron | 0.4 mg |
| Moisture | g | Ash | g | | | | |

*Indicates missing or incomplete nutrient data. A blank value indicates unknown nutrient data.

Food Contributions for Serving Size: All

Meat / Meat Alternate 1 3/4 oz eq.