



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-24-13)

Visit us at www.fns.usda.gov/fdd

100045 – EGGS, PASTEURIZED, WHOLE, FROZEN, 30 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen, pasteurized, homogenized whole eggs with a color stabilizer.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 56¼ cups (270 large whole eggs) and provides 540.0 ½-large egg servings. One lb AP yields about 1⅞ cups (9 large whole eggs) and provides 18.0 ½-large egg servings. 1 large whole egg is equivalent to 1¾ oz (3⅓ Tbsp or 50 g) frozen eggs. 10 large whole eggs is equivalent to 1 lb 1¾ oz (2 cups 1⅓ Tbsp) frozen eggs. 25 whole eggs is equivalent to 2 lb 13 oz (1 qt 1¼ cups) frozen eggs. CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides about 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen eggs in the freezer of the floor at 0 °F or below. Do not pour unused portion back into the carton. Refrigerate unused portion immediately in a clear, tightly covered and labeled container. Use thawed eggs within 24 hours. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Egg, whole, frozen, raw

	1 large egg, raw, 3.3 Tbsp (50 g)	1 large egg, scrambled, cooked ¼ cup (70 g)
Calories	74	82
Protein	5.98 g	5.49 g
Carbohydrate	0.52g	.89 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	5.10 g	6.04 g
Saturated Fat	1.574 g	1.832 g
Trans Fat	0 g	0 g
Cholesterol	216 mg	152 mg
Iron	0.92 mg	0.72 mg
Calcium	30 mg	36 mg
Sodium	66 mg	80 mg
Magnesium	6 mg	6 mg
Potassium	65 mg	73 mg
Vitamin A	262 IU	318 IU
Vitamin A	79 RAE	89 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0.63 mg



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<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • TO THAW: Thaw only the amount needed for one day's use. Thaw eggs in the refrigerator in a closed container. • SCRAMBLED EGG RECIPE: 50 servings (equivalent to 1 egg per serving). Beat 5 lb 10 oz (2 qt 2½ cups) frozen whole eggs, thawed. Add 1 qt nonfat dry milk, reconstituted and 1½ tsp salt. Mix until well blended. Pour 3 lb 12 oz (1 qt 3¼ cups) egg mixture into two steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. Bake in a conventional oven at 350 °F for 20 minutes. Stir once after 15 minutes. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes. • Omelets and scrambled eggs prepared on top of the range should always be cooked until firm throughout.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Pasteurized frozen eggs can be used in place of shell eggs. Pasteurized eggs should be used instead of shell eggs in uncooked or slightly heated foods such as milk drinks, ice cream, salad dressings, cream puddings, or soft custards.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Handle raw frozen and thawed eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs. • Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 160 °F for 15 seconds.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.