



EGG MIX, DRIED

Date: October 2012

Code: 100044

PRODUCT DESCRIPTION

- All-purpose egg mix is a dried egg mix that contains eggs, maltodextrin (a starch), vegetable oil, salt, and citric acid.

PACK/YIELD

- Egg mix is packed in 6 ounce packages. Each package will make the equivalent of 6 large eggs when prepared.

STORAGE

- Store unopened dried egg mix in a cool, dry place.
- Store any opened egg mix in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To prepare the equivalent of 1 whole egg, combine 2 tablespoons dried egg mix with ¼ cup water.
- To prepare larger amounts, mix 1 part egg mix to 2 parts water.

USES AND TIPS

- All-purpose egg mix can be prepared for use in recipes, or it can be mixed with other dry ingredients, adding the correct amount of water for preparation when the other liquids are added.
- Egg mix can be used in recipes such as cakes, muffins, cookies, and casseroles.
- Use prepared egg mix to make omelets, scrambled eggs, or baked egg dishes.

NUTRITION INFORMATION

- 2 tablespoons of dried egg mix count as 1 ounce in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.

FOOD SAFETY INFORMATION

- Prepared egg mix should be used immediately or refrigerated and used within 1 hour.
- Only prepare the amount of egg mix needed for a recipe or meal.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 2 tablespoons (17g) egg mix

Amount Per Serving

Calories	80	Calories from Fat	50
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% Daily Value*

Total Fat 6g		9%
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Saturated Fat 1.5g		9%
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<i>Trans</i> Fat 0g		
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Cholesterol 190mg		63%
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Sodium 100mg		4%
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Total Carbohydrate 4g		1%
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Dietary Fiber 0g		0%
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Sugars 0g		
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Protein 6g		
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Vitamin A	0%	Vitamin C	0%
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Calcium	2%	Iron	4%
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*Percent Daily Values are based on a 2,000 calorie diet.

QUESADILLA CON HUEVOS

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 tablespoons dried egg mix
- ½ cup water
- Nonstick cooking spray
- ½ cup low-fat cheddar cheese, grated
- 4 flour tortillas (small size)
- 4 tablespoons salsa (if you like)

Directions

1. Mix dried egg mix and water together in a bowl. In a skillet coated with nonstick cooking spray, cook eggs over medium heat, stirring occasionally, until scrambled and firm.
2. Put 2 tablespoons cheese and ¼ of the scrambled eggs on each tortilla.
3. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
4. Top with salsa, if using it, and fold tortilla in half. To serve, use a knife or pizza wheel to cut the quesadilla into wedges.

Tip

These can be made plain or with ingredients such as peppers, tomatoes, mushrooms, or onions. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

Nutrition Information for 1 serving (1 tortilla) of Quesadilla con Huevos							
Calories	170	Cholesterol	100 mg	Sugar	1 g	Vitamin C	2 mg
Calories from Fat	50	Sodium	340 mg	Protein	9 g	Calcium	100 mg
Total Fat	6 g	Total Carbohydrate	19 g	Vitamin A	19 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

FANTASTIC FRENCH TOAST

MAKES ABOUT 2 SERVINGS

Ingredients

- 4 tablespoons dried egg mix
- ½ cup water
- ½ cup nonfat milk
- ½ teaspoon vanilla extract
- Nonstick cooking spray
- 6 slices whole wheat bread
- 2 teaspoons ground cinnamon (if you like)
- Syrup (if you like)

Directions

1. Preheat a griddle or large skillet over medium heat on the stove.
2. Put dried egg mix and water in a shallow bowl and stir until mixed well. Add milk and vanilla. Mix well with fork.
3. Coat the griddle or skillet with nonstick cooking spray.
4. Dip both sides of bread, one slice at a time, in egg mixture and cook on hot griddle or frying pan.
5. Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side. If using cinnamon, sprinkle it on top. If using syrup, spread on cooked French toast.

Nutrition Information for 1 serving (1 slice) of Fantastic French Toast							
Calories	110	Cholesterol	65 mg	Sugar	3 g	Vitamin C	0 mg
Calories from Fat	30	Sodium	190 mg	Protein	5 g	Calcium	55 mg
Total Fat	3 g	Total Carbohydrate	15 g	Vitamin A	19 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	2 g				

Recipe adapted from Food.com