

Scrambled Egg Mix

Nutrition Facts

about 31 servings per container
Serving size 1/3 cup (33g) dry
 (about 2/3 cup prepared)

Amount per serving
Calories 180

% Daily Value*

Total Fat 13g **17%**
 Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 290mg **97%**

Sodium 250mg **11%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 1mcg 6%

Calcium 168mg 15%

Iron 1mg 6%

Potassium 257mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

90158.v3-032723

INGREDIENTS: Pasteurized eggs (whole eggs, less than 2% sodium silicoaluminate as an anticaking agent), nonfat dry milk, soybean oil, non-iodized salt.

CONTAINS: Egg, milk.

YIELD	EGG MIX	WARM WATER
2 eggs	1/3 cup	1/3 cup
4 eggs	2/3 cup	2/3 cup
6 eggs	1 cup	1 cup

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add Dried Scrambled Egg Mix to warm water, whisk well.
3. Cook as desired.

Scrambled Egg Mix is ideal for emergencies and everyday cooking. Use in omelets, French toast, baked goods, and recipes calling for eggs. Excellent for large groups and camping.

Product does not require refrigeration after can is opened.

Reconstituted egg products should be used immediately or refrigerated and used that day.