

## Eggs, Mix, Dried

MyPlate Food Group: **Protein**



### Product Description

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

### Storage

- Store unopened dried egg mix in a cool, dry place.
- Store any opened egg mix in the refrigerator.

### 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.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 2 tablespoons (17g) egg mix

### Amount Per Serving

**Calories** 80      **Calories from Fat** 50

### -% Daily Value\*

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>9%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 190mg	<b>63%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel 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 panel or ingredient list for product-specific information.

# USDA Foods

## 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.

*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.

*Recipe adapted from Food.com*