

## Eggs, Shell

MyPlate Food Group: **Protein**



### Product Description

- Shell eggs are fresh and may be U. S. Grade AA or A Large or Medium Eggs.

### Storage

- Refrigerate fresh eggs at a temperature of 40 degrees F or cooler.
- Keep eggs refrigerated at all times.

### Uses and Tips

- Eggs can be used in many recipes including cakes, muffins, cookies, casseroles, custards, puddings, omelets, and scrambled eggs.
- Mix beaten eggs with chopped peppers, tomato, and onion to add flavor.
- Roll scrambled eggs, cheese, and salsa in a tortilla for an easy on-the-go breakfast.

### Nutrition Information

- 1 shell egg counts 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: 1 large, raw egg (50g)

Amount Per Serving			
Calories	70	Calories from Fat	45
		-% Daily Value*	
<b>Total Fat</b>	5g		<b>8%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	210mg		<b>71%</b>
<b>Sodium</b>	70mg		<b>3%</b>
<b>Total Carbohydrate</b>	0g		<b>0%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	0g		
<b>Protein</b>	6g		
Vitamin A	4%	Vitamin C	0%
Calcium	2%	Iron	6%

\*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

## Salmon Patties

Makes about 9 servings

### Ingredients

- 2 large eggs, lightly beaten
- 1 can (about 15 ounces) salmon, drained
- 1 cup whole wheat cereal or crackers, crushed
- ½ cup 1% fat milk
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

### Directions

1. In a medium bowl, use a fork to crumble salmon into very small pieces.
2. With fingers, crush cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly and shape into 9 patties.
5. Heat vegetable oil in a skillet.
6. Over medium heat, carefully brown salmon patties on both sides until thoroughly cooked, about 4 minutes per side.

### Tip

Try using tuna instead of (or mixed with) salmon.

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## Breakfast Burritos with Salsa

Makes about 10 servings

### Ingredients

- 4 large eggs
- 2 tablespoons low-sodium canned corn, drained (or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 2 tablespoons green peppers, diced
- ¼ cup onions, chopped
- 1 teaspoon mustard
- ¼ teaspoon garlic powder
- Nonstick cooking spray
- 4 flour tortillas (large size)
- ¼ cup salsa

### Directions

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard, and garlic for 1 minute with a fork until eggs are smooth.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas since they may be hot. Tortillas can also be placed in a skillet over low heat for 20-30 seconds or until warmed.
5. Spoon cooked eggs evenly into the tortillas.
6. Serve each burrito topped with 2 tablespoons of salsa.

*Recipe adapted from SNAP-ED Connection Recipe Finder*