



## Egg Mix, Dried

MyPlate Food Group: **Protein**



### Nutrition Information

- 2 tablespoons of dried egg mix counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Eggs supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

### Uses and Tips

- Dried egg mix can be used in recipes such as omelets, cakes, muffins, cookies, and casseroles.
- Prepare dried eggs according to the directions on the package.

### Storing Foods at Home

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

### MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



## USDA Foods

### Perfect Scrambled Eggs

Makes 4 servings

#### Ingredients:

1 cup dried egg mix  
2 tablespoons nonfat dry milk  
½ teaspoon salt  
1 ½ cup water  
1 tablespoon vegetable oil

**Directions:** Wash hands with soap and water.

1. Place dried egg mix, dry milk, salt, and water into a bowl.
2. Beat mixture for 3 minutes or until dry milk and egg mix is completely dissolved and frothy.
3. Add cooking oil to a large skillet.
4. Over medium heat, cook oil. Add the egg mixture to the hot oil.
5. Cook eggs using medium low heat, stirring continuously until dry and crumbly.

Nutrition Facts: Calories 150, Total Fat 13g, Cholesterol 370mg, Sodium 330mg, Carbohydrate 2g, Dietary Fiber 0g, Sugar 2g, Protein 6g

Recipe adapted from First Nations Development Institute

### French Toast

Makes 4 servings

#### Ingredients:

Dried egg mix, rehydrated, to make the equivalent of 3 large eggs  
1 cup nonfat milk  
½ teaspoon cinnamon or nutmeg  
1 teaspoon oil  
5 - 8 slices whole grain bread

**Directions:** Wash hands with soap and water.

1. In a small bowl, mix dried egg mix with water to make the equivalent of 3 large eggs.
2. Add milk and cinnamon or nutmeg to the eggs and beat them together.
3. Heat oil in skillet, over medium/high heat.
4. Dip bread slices in egg mixture, leaving it for 15-20 seconds per slice to coat, place into skillet.
5. Brown one side, flip, and brown second side (3 to 5 minutes per side). Serve immediately, with syrup, honey, or sliced fruit.

Nutrition Facts: Calories 260, Total Fat 11g, Cholesterol 255mg, Sodium 330mg, Carbohydrate 24g, Dietary Fiber 0g, Sugar 7g, Protein 14g

Recipe adapted from University of New Hampshire Extension