

Egg Mixture

10 each eggs

20 oz egg whites



Procedure

1 Blend together well and use wherever egg mixture is needed.

Servings: 10

Nutrition Facts

Serving size: 1/10 of a recipe.

Amount Per Serving	
	% Daily Value
Calories	104
Total Fat 4.5g	7%
Sodium 171mg	7%
Total Carbohydrates 28g	9%
Fiber 0g	0%
Protein 30g	60%