

Frozen Egg Substitute



3 Prep and cooking tips

- 1/4 cup of egg substitute equals one egg.
- Egg substitute, similar to eggs, must be cooked until firm. If using the egg substitute in a dish, cook until 160 degrees F.
- Egg substitute can be eaten scrambled, as an omelet, in casseroles, or added to baked goods.

2 Shopping and storage

- You can store frozen egg products up to one year. Thaw frozen egg substitute in the refrigerator or under cold running water. Do not refreeze the product once it has thawed.
- Buy products with the USDA inspection mark and make sure containers are tightly sealed with no signs of thawing.

1 Nutrition Fact:

- Frozen egg substitute products are good sources of protein and iron.

Go! Scan the QR code to learn more:



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