



Best Scrambled Eggs Ever!

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 eggs
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup milk
- ☐ 1 teaspoon salt

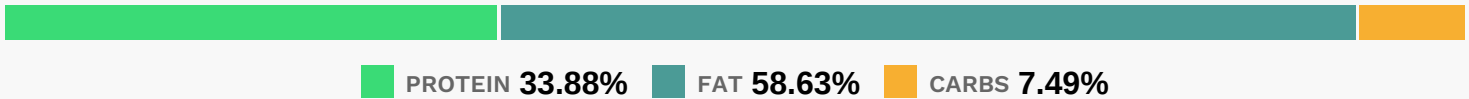
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the eggs and milk using a fork.
- ☐ Whisk in the salt and pepper.
- ☐ Heat a small non-stick pan over medium heat.
- ☐ Pour the egg mixture into the pan, and cook. Stir, scrape, and cut up the eggs while cooking until no liquid remains. Enjoy!

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:9.6317391576974%

Nutrients (% of daily need)

Calories: 146.65kcal (7.33%), Fat: 9.38g (14.43%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.8g (2%), Cholesterol: 331.02mg (110.34%), Sodium: 1299.49mg (56.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Selenium: 27.65µg (39.5%), Vitamin B2: 0.45mg (26.24%), Phosphorus: 206.63mg (20.66%), Vitamin B12: 0.95µg (15.8%), Vitamin B5: 1.48mg (14.77%), Vitamin D: 2.1µg (13.97%), Vitamin A: 530.08IU (10.6%), Folate: 41.53µg (10.38%), Calcium: 91.94mg (9.19%), Iron: 1.65mg (9.15%), Vitamin B6: 0.17mg (8.56%), Zinc: 1.28mg (8.5%), Manganese: 0.16mg (7.82%), Vitamin E: 0.95mg (6.33%), Potassium: 180.72mg (5.16%), Magnesium: 15.96mg (3.99%), Copper: 0.08mg (3.89%), Vitamin B1: 0.05mg (3.56%), Vitamin K: 1.99µg (1.9%), Fiber: 0.25g (1.01%)