



## Buffet Scrambled Eggs

READY IN



20 min.

SERVINGS



8

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 tablespoons butter divided
- 0.3 cup flour all-purpose
- 2 cups milk whole
- 4 teaspoons chicken soup base
- 16 large eggs lightly beaten
- 1 serving parsley fresh minced

### Equipment

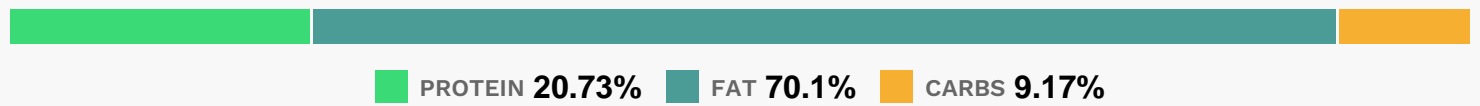
- frying pan

sauce pan

## Directions

- In a small saucepan, melt 2 tablespoons butter. Stir in flour until smooth. Gradually add milk and bouillon. Bring to a boil; cook and stir until thickened, about 2 minutes.
- In a large skillet, melt remaining 6 tablespoons butter.
- Add eggs; cook over medium heat until eggs begin to set, stirring occasionally. Stir in white sauce. Cook until the eggs are completely set. If desired, sprinkle with parsley, tarragon and chives.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:3.25, Inflammation Score:-5, Nutrition Score:12.769999910956%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

## Nutrients (% of daily need)

Calories: 297.05kcal (14.85%), Fat: 23g (35.38%), Saturated Fat: 11.5g (71.89%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.5g (3.89%), Cholesterol: 409.55mg (136.52%), Sodium: 494.31mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.61%), Selenium: 33.6µg (48.01%), Vitamin B2: 0.57mg (33.53%), Phosphorus: 269.14mg (26.91%), Vitamin B12: 1.25µg (20.77%), Vitamin A: 1030.82IU (20.62%), Vitamin B5: 1.8mg (18.01%), Vitamin D: 2.67µg (17.81%), Folate: 55.65µg (13.91%), Calcium: 137.54mg (13.75%), Iron: 1.98mg (10.97%), Zinc: 1.59mg (10.58%), Vitamin B6: 0.21mg (10.54%), Vitamin E: 1.42mg (9.44%), Vitamin K: 9.67µg (9.21%), Vitamin B1: 0.11mg (7.13%), Potassium: 242.9mg (6.94%), Magnesium: 21.27mg (5.32%), Copper: 0.08mg (3.95%), Manganese: 0.06mg (2.97%), Vitamin B3: 0.41mg (2.03%)