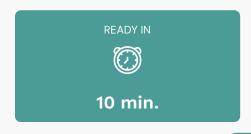
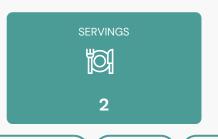


Cadbury Creme Scrambled Eggs

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

4 tables	spoons butter aivided
2 eggs	diced
2 tables	spoons cup heavy whipping cream
1 tables	poon jam
1 slice r	ound cake
1 frange	elico plain (yeast or cake)
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Equipment

	bowl	
	frying pan	
	paper towels	
	whisk	
	spatula	
Diı	rections	
	Slice your day-old doughnut into approximately 1/2-inch sized cubes; set aside. Melt 2 tablespoons of butter in a skillet over medium-high heat. Once it is melted and lightly bubbling, place your doughnut cubes into the pan. Fry the first side until lightly browned, about 2 minutes. Flip using a metal spatula, and fry on the second side until lightly browned, about 1 minute longer.	
	Remove from heat and transfer doughnut pieces to a paper towel to blot any excess oil. Wipe out skillet with paper towel.	
	In a medium bowl, whisk together your diced Cadbury Creme Egg pieces and heavy whipping cream with a fork. Set aside.	
	Turn the burner back on, and melt the remaining 2 tablespoons of butter over medium-high heat. Once melted and lightly bubbling, spoon the Creme Egg mixture into the frying pan.	
	Gently "scramble" the Egg mixture as it cooks with a rubber spatula, so that all sides will be cooked through. Once it starts to brown (the chocolate will get a little "char" on it), remove from heat.	
	Assemble your plates. First, cut each slice of pound cake in half and apply jam.	
	Place half of the fried doughnuts next to the pound cake, and add half of the scrambled Creme Eggs to each plate last. Enjoy immediately.	
Nutrition Facts		
	PROTEIN 7.24% FAT 75.53% CARBS 17.23%	
Properties		

Glycemic Index:52.5, Glycemic Load:3.74, Inflammation Score:-5, Nutrition Score:6.866087016852%

Nutrients (% of daily need)

Calories: 385.98kcal (19.3%), Fat: 32.72g (50.34%), Saturated Fat: 19.34g (120.88%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.97g (12.19%), Cholesterol: 256.13mg (85.38%), Sodium: 343.22mg (14.92%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.05g (14.11%), Vitamin A: 1180.92IU (23.62%), Selenium: 15.8µg (22.58%), Vitamin B2: 0.29mg (16.87%), Phosphorus: 124.99mg (12.5%), Vitamin E: 1.3mg (8.65%), Vitamin B12: 0.5µg (8.32%), Vitamin B5: 0.82mg (8.17%), Vitamin D: 1.15µg (7.67%), Folate: 30.27µg (7.57%), Iron: 1.25mg (6.93%), Calcium: 53.76mg (5.38%), Zinc: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.53%), Vitamin B1: 0.06mg (4%), Potassium: 104.24mg (2.98%), Copper: 0.05mg (2.63%), Vitamin K: 2.6µg (2.48%), Manganese: 0.05mg (2.4%), Magnesium: 8.94mg (2.24%), Vitamin B3: 0.35mg (1.74%), Vitamin C: 0.97mg (1.18%)