



## Cadbury Creme Scrambled Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 tablespoons butter divided
- 2 eggs diced
- 2 tablespoons cup heavy whipping cream
- 1 tablespoon jam
- 1 slice round cake
- 1 frangelico plain (yeast or cake)
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### Equipment

- bowl
- frying pan
- paper towels
- whisk
- spatula

## Directions

- 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 %: 0% (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%)