

# CARNATION® Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 8 large eggs
- 0.5 cup evaporated milk
- 4 servings pepper black to taste

## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Whisk together eggs and evaporated milk in medium bowl. Spray large skillet with nonstick cooking spray; heat over medium–low heat.
- Pour egg mixture into skillet. Cook, without stirring, until egg mixture begins to set on bottom and around edges.
- With a spatula or spoon, lift cooked egg mixture so uncooked egg mixture flows underneath. Continue cooking, stirring gently, until egg mixture is cooked through and still moist.
- Remove from heat. Season with salt and pepper.

## Nutrition Facts

**PROTEIN 32.45%** **FAT 58.86%** **CARBS 8.69%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:10.845652224253%

## Nutrients (% of daily need)

Calories: 185.78kcal (9.29%), Fat: 11.89g (18.3%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.53g (3.93%), Cholesterol: 381.14mg (127.04%), Sodium: 175.41mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.51%), Selenium: 31.43µg (44.9%), Vitamin B2: 0.56mg (32.75%), Phosphorus: 262.1mg (26.21%), Vitamin B5: 1.74mg (17.35%), Vitamin B12: 0.94µg (15.67%), Calcium: 138.66mg (13.87%), Vitamin D: 2.03µg (13.54%), Folate: 49.54µg (12.38%), Vitamin A: 615.83IU (12.32%), Zinc: 1.53mg (10.22%), Iron: 1.82mg (10.11%), Vitamin B6: 0.19mg (9.3%), Vitamin E: 1.1mg (7.34%), Potassium: 234.77mg (6.71%), Magnesium: 19.73mg (4.93%), Copper: 0.08mg (3.92%), Vitamin B1: 0.05mg (3.66%), Manganese: 0.04mg (2.13%)