



Coffee Cup Scramble

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 2 tablespoons milk
- 1 serving salt and pepper
- 2 tablespoons cheddar cheese shredded

Equipment

- microwave

Directions

- Coat 12-oz. microwave-safe coffee mug with cooking spray.
- Add eggs and milk; beat until blended.
- Microwave on High 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer.
- Top with cheese; season with salt and pepper.

Nutrition Facts

PROTEIN 30.55% **FAT 64.78%** **CARBS 4.67%**

Properties

Glycemic Index:65, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:11.155217321023%

Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 15.11g (23.24%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.82g (2.03%), Cholesterol: 347.96mg (115.99%), Sodium: 441.33mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Selenium: 32.4µg (46.28%), Vitamin B2: 0.52mg (30.5%), Phosphorus: 282.4mg (28.24%), Calcium: 206.49mg (20.65%), Vitamin B12: 1.13µg (18.76%), Vitamin B5: 1.53mg (15.31%), Vitamin D: 2.19µg (14.61%), Vitamin A: 694.14IU (13.88%), Zinc: 1.88mg (12.55%), Folate: 44.93µg (11.23%), Vitamin B6: 0.18mg (8.98%), Iron: 1.57mg (8.72%), Vitamin E: 1.07mg (7.11%), Potassium: 179.57mg (5.13%), Magnesium: 18.75mg (4.69%), Vitamin B1: 0.06mg (3.8%), Copper: 0.07mg (3.47%), Manganese: 0.03mg (1.4%)