



Cream Cheese Scrambled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 ounce cream cheese cubed
- ☐ 12 large eggs
- ☐ 8 servings chives fresh chopped
- ☐ 1 cup half-and-half
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

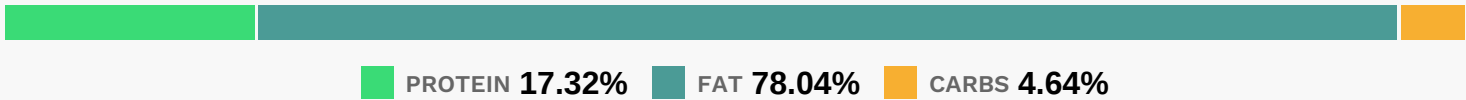
Equipment

- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ Process first 5 ingredients in a blender until frothy, stopping to scrape down sides.
- ☐ Melt butter in a large heavy skillet over medium heat; reduce heat to medium-low.
- ☐ Add egg mixture, and cook, without stirring, until mixture begins to set on bottom. Draw a spatula across bottom of skillet to form large curds. Continue cooking until eggs are thickened but still moist; do not stir constantly.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:9.3782608288786%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 272.76kcal (13.64%), Fat: 23.65g (36.38%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.35g (2.61%), Cholesterol: 311.06mg (103.69%), Sodium: 476.67mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Selenium: 25.83µg (36.91%), Vitamin B2: 0.45mg (26.72%), Vitamin A: 1095.25IU (21.91%), Phosphorus: 202.3mg (20.23%), Vitamin B5: 1.37mg (13.68%), Vitamin B12: 0.78µg (12.98%), Vitamin D: 1.5µg (10%), Calcium: 98.45mg (9.85%), Folate: 39.2µg (9.8%), Vitamin E: 1.27mg (8.46%), Zinc: 1.2mg (7.99%), Vitamin B6: 0.16mg (7.84%), Iron: 1.37mg (7.64%), Potassium: 178.31mg (5.09%), Magnesium: 14.68mg (3.67%), Copper: 0.06mg (3.16%), Vitamin K: 3.3µg (3.14%), Vitamin B1: 0.05mg (3.03%), Manganese: 0.04mg (1.8%), Vitamin C: 0.87mg (1.05%)