



Cream Cheese Scrambled Eggs



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 servings garnish: basil sprigs fresh
- ☐ 1 tablespoon butter
- ☐ 3 ounce cream cheese cut into cubes
- ☐ 8 large eggs
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

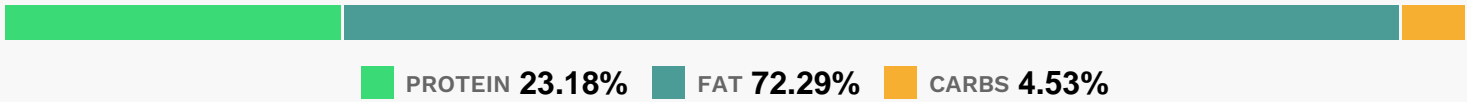
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together first 4 ingredients.
- ☐ Melt butter in a large nonstick skillet over medium heat; add egg mixture, and cook, without stirring, until eggs begin to set on bottom.
- ☐ Sprinkle cream cheese cubes evenly over egg mixture; draw a spatula across bottom of skillet to form large curds.
- ☐ Cook until eggs are thickened but still moist. (Do not stir constantly.)
- ☐ Remove from heat. Stir in chopped basil before serving, if desired, and garnish, if desired.
- ☐ Note: To lighten, substitute 2 cups egg substitute for eggs and 3 ounces light cream cheese for 3 ounces regular cream cheese. Proceed as directed.
- ☐ Sausage-Egg Soft Tacos: Prepare Cream Cheese Scrambled Eggs as directed, substituting 1 seeded and chopped jalapeo pepper for chopped basil.
- ☐ Sprinkle 6 (8-inch) flour tortillas evenly with 1 1/2 cups shredded colby-Jack cheese. Top one half of each tortilla evenly with Cream Cheese Scrambled Eggs and 1 (16-ounce) package cooked, drained, and crumbled ground pork sausage.
- ☐ Sprinkle evenly with 1/2 cup shredded colby-Jack cheese. Fold tortillas over filling.
- ☐ Serve with sour cream and salsa. Makes 6 servings. Prep: 20 min., Cook: 15 min.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:7.9321738624054%

Nutrients (% of daily need)

Calories: 168.65kcal (8.43%), Fat: 13.45g (20.7%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.28g (1.42%), Cholesterol: 268.55mg (89.52%), Sodium: 351.95mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.41%), Selenium: 21.92µg (31.31%), Vitamin B2: 0.35mg

(20.82%), Phosphorus: 159.38mg (15.94%), Vitamin A: 731.56IU (14.63%), Vitamin B5: 1.15mg (11.5%), Vitamin B12: 0.68µg (11.39%), Vitamin D: 1.45µg (9.63%), Vitamin K: 9.26µg (8.82%), Folate: 34.07µg (8.52%), Iron: 1.26mg (7.02%), Calcium: 68.55mg (6.85%), Zinc: 0.99mg (6.62%), Vitamin B6: 0.13mg (6.56%), Vitamin E: 0.9mg (5.99%), Potassium: 134.68mg (3.85%), Manganese: 0.07mg (3.27%), Copper: 0.06mg (3.04%), Magnesium: 12.11mg (3.03%), Vitamin B1: 0.04mg (2.44%)