



Cream Eggs with Irish Cheese and Chives

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

246 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cut into small bits
- ☐ 0.5 pound farm house cheddar diced shredded
- ☐ 12 blades chives fresh chopped
- ☐ 8 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 8 servings salt and pepper

Equipment

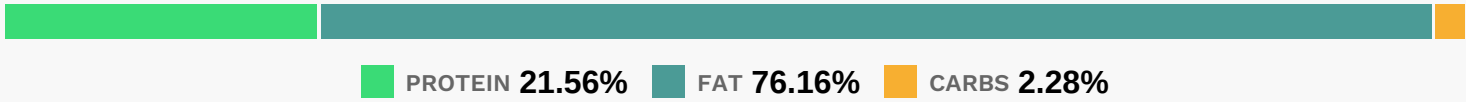
- ☐ frying pan

☐ whisk

Directions

- ☐ Heat a medium nonstick pan with butter over medium low heat.
- ☐ Whisk eggs with cream and salt and pepper. Scramble eggs soft only, stir in cheese and chives and continue to cook a minute more then serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:8.9534781808439%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 246.43kcal (12.32%), Fat: 20.82g (32.04%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.6g (0.66%), Cholesterol: 233.08mg (77.69%), Sodium: 475.42mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.53%), Selenium: 23.72µg (33.88%), Calcium: 237.32mg (23.73%), Phosphorus: 236.3mg (23.63%), Vitamin B2: 0.38mg (22.06%), Vitamin A: 852.6IU (17.05%), Vitamin B12: 0.77µg (12.79%), Zinc: 1.72mg (11.48%), Vitamin B5: 0.92mg (9.18%), Vitamin D: 1.33µg (8.86%), Folate: 31.53µg (7.88%), Vitamin E: 0.91mg (6.09%), Vitamin B6: 0.11mg (5.51%), Iron: 0.96mg (5.31%), Vitamin K: 4.59µg (4.37%), Magnesium: 15.05mg (3.76%), Potassium: 105.57mg (3.02%), Copper: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.1%), Manganese: 0.02mg (1.15%), Vitamin C: 0.93mg (1.13%)