



Creamed Eggs

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6 eggs
- 2 tablespoons flour all-purpose
- 2 cups milk
- 3 servings salt and pepper to taste

Equipment

- sauce pan

Directions

- Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- Melt butter in saucepan, add flour until it forms into a ball. Slowly add the milk and stir until the sauce comes to a boil.
- Stir the white pepper, salt, black pepper, and chopped eggs into the sauce; stir until the eggs are heated.

Nutrition Facts

PROTEIN 22.17% **FAT 62.12%** **CARBS 15.71%**

Properties

Glycemic Index:54.33, Glycemic Load:5.65, Inflammation Score:-5, Nutrition Score:14.414782459321%

Nutrients (% of daily need)

Calories: 308.56kcal (15.43%), Fat: 21.19g (32.6%), Saturated Fat: 10.59g (66.16%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.92g (4.33%), Sugar: 8.17g (9.08%), Cholesterol: 366.95mg (122.32%), Sodium: 440.68mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Selenium: 31.9µg (45.57%), Vitamin B2: 0.65mg (38.5%), Phosphorus: 346.17mg (34.62%), Vitamin B12: 1.68µg (27.96%), Calcium: 252.47mg (25.25%), Vitamin D: 3.55µg (23.66%), Vitamin B5: 1.99mg (19.88%), Vitamin A: 971.96IU (19.44%), Folate: 50.79µg (12.7%), Vitamin B6: 0.25mg (12.57%), Zinc: 1.85mg (12.31%), Vitamin B1: 0.17mg (11.07%), Potassium: 373.07mg (10.66%), Iron: 1.78mg (9.86%), Vitamin E: 1.22mg (8.17%), Magnesium: 31.37mg (7.84%), Copper: 0.07mg (3.62%), Manganese: 0.07mg (3.29%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 1.42µg (1.35%)