



Creamy Cheesy Scrambled Eggs with Basil

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons butter
- 4 eggs
- 1 tablespoon basil fresh minced
- 2 servings salt and pepper to taste
- 0.5 cup mozzarella cheese shredded
- 3 tablespoons cream sour

Equipment

- bowl

frying pan

whisk

Directions

Whisk eggs and sour cream in a bowl until creamy and smooth.

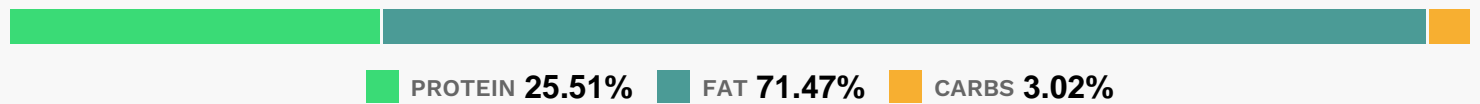
Mix in cheese. Season with salt and pepper.

Melt butter in a skillet over medium heat.

Pour in egg mixture; cook, stirring constantly, until eggs reach the desired consistency.

Mix in basil during final minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:11.874782451955%

Nutrients (% of daily need)

Calories: 281.56kcal (14.08%), Fat: 22.18g (34.12%), Saturated Fat: 10.83g (67.66%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.23g (1.37%), Cholesterol: 370.85mg (123.62%), Sodium: 532.08mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.62%), Selenium: 32.5µg (46.42%), Vitamin B2: 0.51mg (30.24%), Phosphorus: 288.8mg (28.88%), Vitamin B12: 1.47µg (24.46%), Calcium: 211.95mg (21.19%), Vitamin A: 954.32IU (19.09%), Vitamin B5: 1.46mg (14.57%), Zinc: 2.03mg (13.5%), Vitamin D: 1.87µg (12.48%), Folate: 45.23µg (11.31%), Iron: 1.71mg (9.5%), Vitamin B6: 0.17mg (8.45%), Vitamin E: 1.17mg (7.8%), Vitamin K: 5.68µg (5.41%), Potassium: 169.41mg (4.84%), Magnesium: 18.7mg (4.68%), Copper: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.19%), Manganese: 0.05mg (2.35%)