



Easy Cheesy Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 large eggs
- 0.3 cup cup heavy whipping cream
- 4 servings salt and pepper
- 0.5 cup monterrey jack cheese shredded

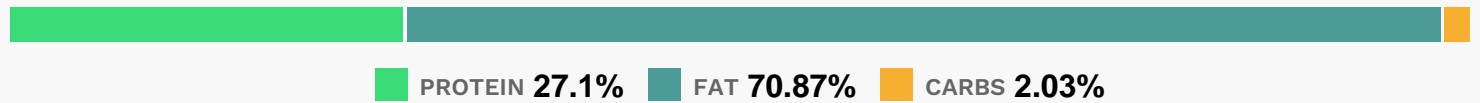
Equipment

- frying pan

Directions

- Scramble eggs with milk or cream and some salt and pepper.
- Cook in a nonstick skillet over medium heat, stirring to lift the cooked eggs from the bottom of the pan as they cook.
- When the eggs are just about cooked, toss in jack cheese and cook for about 1-2 minutes more just to melt the cheese.
- Serve as is, over toast, or in a tortilla.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:11.319130434783%

Taste

Sweetness: 47.55%, Saltiness: 100%, Sourness: 13.66%, Bitterness: 7.31%, Savoriness: 58.52%, Fattiness: 83.5%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 246.26kcal (12.31%), Fat: 19.16g (29.48%), Saturated Fat: 9.25g (57.81%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.88g (0.97%), Cholesterol: 401.38mg (133.79%), Sodium: 424.56mg (18.46%), Protein: 16.48g (32.97%), Selenium: 33.19µg (47.42%), Vitamin B2: 0.54mg (31.77%), Phosphorus: 269.34mg (26.93%), Vitamin A: 867.28IU (17.35%), Vitamin B12: 1.03µg (17.18%), Calcium: 171.31mg (17.13%), Vitamin B5: 1.6mg (16.01%), Vitamin D: 2.32µg (15.48%), Folate: 50.14µg (12.53%), Zinc: 1.75mg (11.67%), Iron: 1.87mg (10.38%), Vitamin B6: 0.19mg (9.32%), Vitamin E: 1.22mg (8.16%), Potassium: 163.61mg (4.67%), Magnesium: 16.86mg (4.22%), Copper: 0.08mg (3.92%), Vitamin B1: 0.05mg (3.01%), Manganese: 0.03mg (1.51%), Vitamin K: 1.13µg (1.08%)