



Fresh Herb and Cream Cheese Scramble

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces cream cheese cut into small pieces
- 10 large eggs
- 1 teaspoon kosher salt
- 0.3 cup milk (not nonfat)
- 2 tablespoons butter unsalted ()

Equipment

- bowl

- frying pan
- whisk
- spatula

Directions

- Place the eggs, milk, salt, and pepper in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined; set aside. Melt the butter in a large nonstick frying pan over medium–low heat until foaming.
- Pour in the egg mixture.
- Let sit undisturbed until the eggs just start to set around the edges, about 1 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center. Scatter the cream cheese pieces over the eggs and gently stir to combine.
- Let sit again until the edges start to set, then spread back into an even layer. Repeat, pushing the eggs from the edges into the center every 30 seconds, until the eggs are almost set and the cheese is melted and combined, for a total cooking time of about 4 to 5 minutes. (The top of the eggs should still be slightly wet.)
- Remove the pan from the heat.
- Sprinkle in the herbs and gently stir to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:13.022608606712%

Nutrients (% of daily need)

Calories: 288.02kcal (14.4%), Fat: 22.93g (35.28%), Saturated Fat: 10.66g (66.61%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.73g (1.93%), Cholesterol: 496.2mg (165.4%), Sodium: 809.97mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.39%), Selenium: 39.96µg (57.09%), Vitamin B2: 0.63mg (36.91%), Phosphorus: 279.95mg (27.99%), Vitamin A: 1065.69IU (21.31%), Vitamin B12: 1.24µg (20.63%), Vitamin B5: 2.06mg (20.63%), Vitamin D: 2.77µg (18.48%), Folate: 60.26µg (15.06%), Iron: 2.22mg (12.34%), Zinc: 1.76mg (11.7%), Vitamin B6: 0.23mg (11.52%), Vitamin E: 1.61mg (10.7%), Calcium: 105.1mg (10.51%), Potassium:

217.55mg (6.22%), Copper: 0.1mg (4.8%), Magnesium: 18.47mg (4.62%), Vitamin B1: 0.06mg (4.15%), Manganese: 0.05mg (2.74%), Vitamin K: 1.41µg (1.35%)