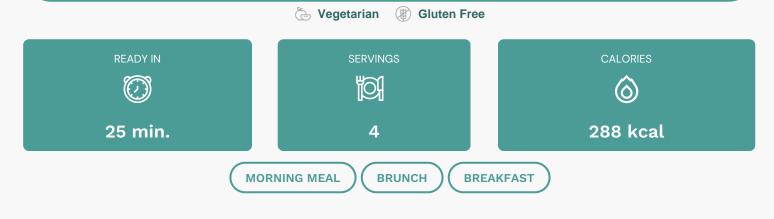


Fresh Herb and Cream Cheese Scramble



Ingredients

O.3 teaspoon pepper black freshly ground
2 ounces cream cheese cut into small pieces
10 large eggs
1 teaspoon kosher salt
O.3 cup milk (not nonfat)
2 tablespoons butter unsalted ()

Equipment

bowl

	, .	
	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		
	PROTEIN 24.12% FAT 72.4% CARBS 3.48%	

Properties

frying pan

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: Og (100%), Alcohol %: O% (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%)