

# Lightly Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 9 egg whites
- 3 eggs
- 0.3 cup skim milk fat-free
- 2 spring onion thinly sliced
- 0.8 cup cheddar cheese shredded reduced-fat
- 0.5 cup cream sour reduced-fat
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

6 drops food coloring yellow

## Equipment

bowl

frying pan

whisk

## Directions

In a large bowl, whisk the egg whites and eggs.

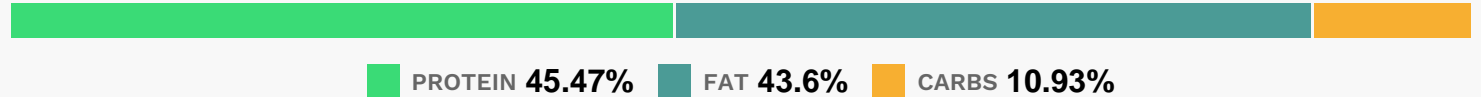
Add the sour cream, milk, onions, salt, pepper and food coloring if desired.

Pour into a large nonstick skillet coated with cooking spray; cook and gently stir over medium heat until eggs are completely set.

Remove from the heat.

Sprinkle with cheese; cover and let stand for 5 minutes to allow cheese to melt.

## Nutrition Facts



## Properties

Glycemic Index:16.21, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:5.9917391862558%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 110.22kcal (5.51%), Fat: 5.21g (8.01%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.13g (1.25%), Cholesterol: 91.82mg (30.61%), Sodium: 310.02mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.43%), Selenium: 18.63µg (26.61%), Vitamin B2: 0.37mg (21.7%), Phosphorus: 144.75mg (14.48%), Calcium: 117.71mg (11.77%), Vitamin K: 8.59µg (8.19%), Vitamin B12: 0.45µg (7.42%), Vitamin A: 271.84IU (5.44%), Potassium: 182.33mg (5.21%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.71mg (4.75%), Folate: 18.57µg (4.64%), Vitamin D: 0.6µg (4.03%), Magnesium: 13.87mg (3.47%), Iron: 0.56mg (3.1%), Vitamin B6: 0.06mg (2.92%), Vitamin E: 0.32mg (2.13%), Vitamin B1: 0.03mg (1.86%), Copper: 0.04mg (1.82%), Manganese: 0.02mg (1.21%), Vitamin C: 0.92mg (1.12%)