



Savory Scrambled Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 8 eggs
- 2 Tbsp butter
- 0.3 cup milk
- 0.1 tsp pepper
- 0.3 tsp salt

Equipment

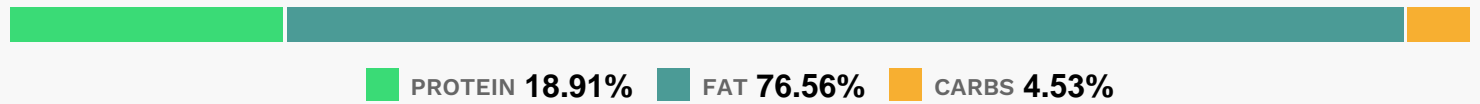
- frying pan

whisk

Directions

- Melt margarine in large skillet on low heat. Meanwhile, beat eggs, milk and seasonings with wire whisk until well blended.
- Add to skillet.
- Cook until eggs begin to set, stirring occasionally.
- Add cream cheese; continue cooking until cream cheese is melted and egg mixture is completely set, stirring occasionally.
- Serve with toast slices, if desired.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:6.9599999676094%

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 16.27g (25.03%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.58g (1.76%), Cholesterol: 238.96mg (79.65%), Sodium: 288.71mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Selenium: 19.9µg (28.42%), Vitamin B2: 0.33mg (19.53%), Vitamin A: 759.74IU (15.19%), Phosphorus: 151.21mg (15.12%), Vitamin B12: 0.64µg (10.69%), Vitamin B5: 1.06mg (10.62%), Vitamin D: 1.32µg (8.82%), Folate: 29.33µg (7.33%), Calcium: 69.5mg (6.95%), Vitamin E: 0.93mg (6.2%), Zinc: 0.91mg (6.05%), Vitamin B6: 0.12mg (5.96%), Iron: 1.05mg (5.85%), Potassium: 128.77mg (3.68%), Magnesium: 10.58mg (2.65%), Vitamin B1: 0.04mg (2.39%), Copper: 0.05mg (2.32%), Manganese: 0.02mg (1.23%)