



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Basic Scrambled Eggs ♦

Basic scrambled eggs are a classic breakfast dish made by beating eggs and cooking them in a pan. They are a quick and easy option for a delicious morning meal.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
0.5 tsp	salt
0.25 tsp	pepper
2 tbsp	milk
1 tbsp	butter

Directions

Step 1

Whipping

Crack the eggs into a bowl and whisk them until well beaten.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Mixing

Add salt, pepper, and milk to the beaten eggs and whisk again.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Heating

Heat butter in a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Cooking

Pour the egg mixture into the pan and let it cook undisturbed for a few seconds.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stirring

Gently stir the eggs with a spatula, breaking them up into soft curds.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Cooking

Continue cooking and stirring until the eggs are cooked to your desired consistency.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Remove the scrambled eggs from the heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	277 mg	12.04%	12.04%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	126 mg	3.71%	4.85%
Zinc	1 mg	9.09%	12.5%
Selenium	28 mcg	50.91%	50.91%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Salads

Difficulty Level

Easy

Visit our website: healthdor.com