



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cheesy Scrambled Eggs ♦♦

Cheesy scrambled eggs are a delicious and easy breakfast option. They are made by whisking eggs with cheese and cooking them in a pan until fluffy and golden brown. This recipe is perfect for a quick and satisfying morning meal.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 units	Eggs
50 g	cheddar cheese
0.5 tsp	Salt
0.25 tsp	Black pepper
1 tbsp	butter

Directions

Step 1

Mixing

In a bowl, whisk the eggs with salt and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 2

Stove

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

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Stirring

Pour the whisked eggs into the pan and cook, stirring occasionally, until they are softly set.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Stirring

Sprinkle cheddar cheese over the eggs and continue cooking for another 1-2 minutes, until the cheese is melted.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 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	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%
Cholesterol	280 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	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Winter

Spring

Meal Type

Breakfast

Brunch

Lunch

Nutritional Content

Low Calorie

Course

Appetizers

Main Dishes

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Difficulty Level

Easy

Visit our website: healthdor.com