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Sour Cream Scrambled Eggs

Sour Cream Scrambled Eggs is a classic breakfast dish that is loved by many. The creamy texture of the eggs combined with the tangy flavor of sour cream creates a delicious and satisfying meal. This recipe is easy to make and can be enjoyed by both meat-eaters and vegetarians.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

8 pieces	Eggs
100 g	sour cream
1 teaspoon	Salt
0.5 teaspoon	Pepper

1 Butter
tablespoon

Directions

Step 1

In a bowl, whisk the eggs until well beaten.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add sour cream, salt, and pepper to the beaten eggs. Mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

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

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stirring

Pour the egg mixture into the skillet and cook, stirring occasionally, until the eggs are scrambled and cooked to your desired consistency, about 4-5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 12 g

Protein: 11 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	11 g	64.71%	64.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
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	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%
Cholesterol	390 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	4 mg	26.67%	26.67%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	220 mg	9.57%	9.57%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	160 mg	4.71%	6.15%
Zinc	8 mg	72.73%	100%
Selenium	28 mcg	50.91%	50.91%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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