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Scrambled Eggs ♦♦

Scrambled eggs are a classic breakfast dish made by whisking eggs and cooking them in a pan until they are light and fluffy. They are often seasoned with salt and pepper and can be enjoyed on their own or with a variety of toppings and accompaniments.

Scrambled eggs are a versatile and delicious option for any meal of the day.

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	butter

2 tbsp milk

Directions

Step 1

Mixing

In a bowl, whisk together the eggs, salt, pepper, and milk.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Heat a non-stick pan over medium heat and melt the butter.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Stove

Pour the egg mixture into the pan and let it cook undisturbed for a few seconds until the edges start to set.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Using a spatula, gently push the cooked edges towards the center, allowing the uncooked eggs to flow to the edges.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stove

Continue cooking and gently stirring until the eggs are mostly set but still slightly runny.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Remove from heat and let the residual heat finish cooking the eggs. They should be soft and slightly creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 10 g

Protein: 13 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
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	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	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	268 mg	11.65%	11.65%
Calcium	5 mg	0.5%	0.5%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	138 mg	4.06%	5.31%
Zinc	1 mg	9.09%	12.5%
Selenium	34 mcg	61.82%	61.82%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Breads Snacks

Cultural

Chinese New Year Easter

Demographics

Kids Friendly Teen Friendly

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet Atkins Diet Raw Food Diet Pescatarian Diet

Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Low Sodium Diet

Difficulty Level

Easy

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