

# Scrambled Eggs

## Ingredients:

- 4 eggs
- 1/4 cup milk
- Salt and pepper to taste
- Cooking spray

## Directions

1. Beat eggs, milk, salt, and pepper in bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot. Pour in egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an spatula, forming large soft curds. Continue cooking pulling, lifting, and folding eggs until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat, serve.

## Nutrition Facts

Serving Size 1 egg (59g)  
Servings Per Container 4

Amount Per Serving

**Calories 70**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 155mg**      **52%**

**Sodium 60mg**      **3%**

**Total Carbohydrate 1g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein 6g**

Vitamin A 10%      • Vitamin C 0%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

