



Basic Scrambled Eggs

Ingredients

- 2 eggs
- 2 tablespoons 1% milk
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1/2 teaspoon canola oil

Directions

1. Beat eggs, milk, pepper, and salt until blended in a bowl.
2. Heat oil in a skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, slowly pull the spatula across the pan until big, soft lumps form.
5. Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
6. Remove from heat and serve immediately.

Nutrition Facts

Serving Size 1 serving (66.89g)
Servings Per Container 2

Amount Per Serving

Calories 90 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 220mg **9%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars <1g

Protein 7g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.