



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Scrambled Eggs*

2 eggs
2 tablespoons lowfat milk
1 teaspoon soft-tub margarine, canola oil, or non-stick cooking spray
salt and pepper to taste (optional)

1. In small bowl, beat together eggs, milk, and seasonings.
2. In skillet, heat margarine until just hot enough to sizzle a drop of water. Pour in egg mixture.
3. As eggs begin to set, gently draw a pancake turner through them, forming soft curds. Continue until eggs are thick and no liquid egg whites remain.

Variation:

Scrambled Egg Burritos – Add scrambled eggs to warm whole wheat flour tortillas. May add grated cheese and salsa.

Nutrition Facts

Serving Size: 2 eggs (123g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 120

% Daily Value*

Total Fat 14g **21%**

Saturated Fat 3.5g **16%**

Trans Fat 0g

Cholesterol 375mg **125%**

Sodium 135mg **6%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 12g

Vitamin A 10% ■ Vitamin C 0%

Calcium 8% ■ Iron 8%

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

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.