



PRESIDENT FRANKLIN D. ROOSEVELT

# ELEANOR'S SCRAMBLED EGGS



3  
SERVINGS



5 MINS  
PREP TIME



10 MINS  
COOK TIME

## INGREDIENTS

- 1 tablespoon unsalted butter
- 6 eggs, lightly beaten
- 3 tablespoons light (table) cream
- ½ teaspoon salt

## INSTRUCTIONS

1. Melt butter in a pan.
2. Stir lightly beaten eggs with the cream.
3. Add salt and cook on medium-low heat, stirring gently until softly firm.

## NUTRITION PER SERVING (3 SERVINGS)

Calories 220 • Total Fat 18g • Saturated Fat 8g • Sodium 535mg •  
Total Carbohydrates 1g • Dietary Fiber 0g • Added Sugars 0g • Protein 13g

## DIETITIAN'S NOTE

Eggs are rich in protein and micronutrients, but also cholesterol. Adding chopped or diced spinach, tomatoes, onions, bell peppers, zucchini, eggplant, or other vegetables adds nutrients and variety. Consider using Greek yogurt instead of cream (or add egg whites) to boost the protein and discarding half the yolks to halve the cholesterol.