

Everyday Fluffy Scrambled Eggs

submitted by jellopuddingstick



Per serving: 207 Calories • 1.1g Carbs (0g Fiber) • 16.5g Fat • 12.8g Protein

Ingredients

Ingredients scaled to: 2 serving

- 4 large **Egg** (200 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 tbsp **Whole milk** (15 grams)
- 1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Beat the eggs lightly with some salt and pepper and the milk, if using.
2. Place the oil in a medium skillet, preferably nonstick, over medium-high heat. When the oil is hot, add the eggs. Cook, stirring frequently and scraping the sides of the pan.
3. As the eggs begin to curdle, you may notice that some parts are drying out; whenever you see that, remove the pan from the heat and continue to stir until the cooking slows down a bit. Then return to the heat and continue cooking. The eggs are done when creamy, soft, and still a bit runny; do not overcook unless, of course, you intend to. Serve immediately.