

# Creamy Scrambled Eggs

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-scrambled-eggs-recipe>

## Ingredients:

- 10 large eggs
- salt
- pepper
- 3 ounces cream cheese cubed
- 1/3 cup freshly chopped chives

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 550 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 8 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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