

# Fluffy Scrambled Eggs

Yield: 3 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fluffy-eggs-recipe>

## Ingredients:

- eggs
- milk
- salt add more or less for taste
- pepper add more or less for taste
- 6 eggs
- 1/2 cup milk
- 1 teaspoon salt add more or less for taste
- 1 teaspoon pepper

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 500 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams

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