

B-FAMILY STYLE SCRAMBLED EGGS

 1 bowl

INGREDIENTS

- 8 scrambled eggs of A-Scrambled eggs (400 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (400 g)	% DRI
ENERGY	143 kcal	572 kcal	29 %
FAT	10 g	38 g	59 %
FATTY ACIDS, TOTAL SATURATED	3 g	13 g	63 %
CHOLESTEROL	372 mg	1488 mg	496 %
SODIUM	142 mg	568 mg	24 %
CARBOHYDRATE	1 g	3 g	1 %
SUGARS	0 g	1 g	—
FIBER	0 g	0 g	0 %
PROTEIN	13 g	50 g	—