



Scrambled Eggs – Baby Bites Stage 3 Food

4 Portions • 1 Portion = ¼ Cup

INGREDIENTS

- 2 eggs
- 1 Tablespoon whole milk
- Pinch of black pepper
- 1 Tablespoon butter or vegetable oil

DIRECTIONS

1. In a bowl, whisk eggs, milk, and pepper.
2. Heat a non-stick frying pan over low heat. Add the butter or oil and egg mixture to the pan.
3. Stir continuously so that the eggs do not stick to the pan. It should form a soft, tight curd.
4. Remove from the pan and chop lightly with a fork to break up large portions of the scrambled eggs.
5. Divide into ¼ cup servings. Serve immediately, store in the refrigerator for up to two days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (33g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 35mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 39mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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