

# Scrambled Eggs

## Scrambled Eggs Cooked in Margarine

<b>Nutritional Data</b>		
Serving Size 4 oz Spoodle		(106) g
<b>Amount Per Serving</b>		
<b>Calories</b> 203		Calories From Fat 134
		<b>% Daily Value *</b>
<b>Total Fat</b>	14.9g	23%
Saturated Fat	5.2g	26%
Trans Fat	0g	
<b>Cholesterol</b>	506.1mg	169%
<b>Sodium</b>	196.9mg	8%
<b>Total Carbohydrate</b>	1.1g	0%
Dietary Fiber	0g	0%
Sugars	0.9g	
<b>Protein</b>	15.1g	
Vitamin A 24%		Vitamin C 0%
Calcium 6%		Iron 12%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

The nutrient information displayed for this recipe represents the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.