

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Microwave Scrambled Eggs

2 eggs  
 1 tablespoon milk  
 1 to 2 tablespoons salsa  
 1 tablespoon shredded cheese  
 Spray the inside of small microwave safe container or mug with non-stick vegetable spray. Add eggs and milk and beat well. Cover with waxed paper and microwave for about 45 seconds, stir. Cook 30 seconds more. Top with salsa and cheese. Serve with toast, milk and juice or fruit.



### Nutrition Facts

Serving Size (138g)  
 Servings Per Container 1

---

**Amount Per Serving**  
 Calories 190 Calories from Fat 120

---

	<b>% Daily Value*</b>
Total Fat 13g .....	20%
Saturated Fat 5g .....	24%
Cholesterol 160mg .....	147%
Sodium 290mg .....	12%
Total Carbohydrate 2g .....	1%
Dietary Fiber 0g .....	0%
Sugars 1g	
Protein 14g	

---

Vitamin A 15%	•	Vitamin C 2%
Calcium 15%	•	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
--	-----------	-------	-------

---

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

---

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Eggs .....	Dairy
Milk .....	Dairy
Salsa.....	9
Shredded Cheese .....	Dairy



Cooking With Carla is proudly sponsored by:

