

Egg Substitute Scramble

Ingredients:

- ½ cup egg substitute (egg beaters)
- ½ tbsp. extra virgin olive oil
- 1 tsp. ground black pepper
- 1 tsp. minced garlic
- ¼ cup chopped bell pepper
- ¼ cup chopped onion



Nutrition Facts

Serving Size 1/2 cup (211g)			
Servings Per Container 1			
Amount Per Serving			
Calories	150	Calories from Fat	60
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	250mg		10%
Total Carbohydrate	10g		3%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	13g		
Vitamin A	15%	•	Vitamin C 60%
Calcium	6%	•	Iron 15%
*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



Directions:

1. Sauté the onion and garlic in a lightly oiled skillet over medium high heat.
2. When onion is soft, stir in the bell pepper and cook about 2 minutes.
3. Reduce heat to medium and pour in the eggs substitute. Cook until the bottom has set, about 2 minutes.
4. Sprinkle on the pepper. Cook, stirring occasionally, until eggs have set.