FRENCH · BREAKFAST

Creamy French-Style Scrambled Eggs (No Butter)

25 min · Serves 4 · 214 kcal a serve · Video 6:26 · America's Test Kitchen

Keto if you skip the toast · Vegetarian · No nuts listed

Slow cooking with a splash of water makes the eggs creamy with no butter or cream in the pan. A serve gives about 14 g of protein, most of a day's selenium and nearly half a day's vitamin B12.

Diet notes: Paleo with a swap: leave out the butter, leave out the toast; Gluten-free with a swap: use gluten-free toast; No dairy if you leave out the butter.

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Ingredients 6 · SERVES 4

- [ ] 8 large **eggs**
- [ ] ½ tsp **salt**
- [ ] 3 tbsp **water** (2 tbsp for the pan, 1 tbsp to finish)
- [ ] 1 tbsp minced **fresh parsley** (or chives or tarragon), stirred in at the end
- [ ] 2 slices **toast**, halved, to serve (optional)
- [ ] **butter** for the toast, to serve (optional, about 2 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put 2 tbsp water in a 25 cm non-stick frying pan over low heat. Use this size of pan, because the timing depends on it. 0:36
2. Whisk 8 eggs with ½ tsp salt until completely uniform, with no streaks of white. Add nothing else. 1:02
3. When the water starts to steam, pour in the eggs. Stir constantly over low heat, scraping the base and sides and smashing any large curds. After 4 minutes they will barely have changed; keep going. 1:34
4. If few curds have formed after about 8 minutes, turn the heat up slightly. Keep stirring until the eggs thicken into small, soft curds that just hold their place, 12–14 minutes in all. 3:29
5. Off the heat, stir in 1 tbsp water and the parsley, beating briskly for about 30 seconds to keep the eggs creamy. Serve straight away, with buttered toast if you like. 4:14

> **Tip** Serves 4 (the cook's written recipe). For a carnivore or keto plate, leave out the parsley and toast. Use a 25 cm pan: in a bigger one the eggs cook too fast and turn rubbery.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
214 kcal	14 g	9 g	0.4 g	13 g	490 mg
890 kJ	28% of a day	8.6 g net · 1.6 g sugars	1% of a day	4.7 g saturated	21% of a day
		3% of a day		17% of a day	

Energy from net carbs 17% · protein 27% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 63% · Vitamin B12 46%

Source of (10–19%) Vitamin A 19% · Vitamin K 14% · Folate 13% · Zinc 11% · Vitamin D 11%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=TFmrNJI-mPY, published 20 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-french-style-scrambled-eggs