

Creamy Tarragon Eggs

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Servings: 4

8 eggs

1 tablespoon fresh tarragon, chopped

1/4 teaspoon salt

1/8 teaspoon black pepper

3 ounces cream cheese, cubed

1 tablespoon unsalted butter

buttered toast

arugula (or other greens)

In a bowl, whisk together the eggs, tarragon, salt and pepper. Stir in the cream cheese, separating the bits if necessary.

Melt the butter in a ten-inch nonstick skillet over medium heat until the foam subsides. Pour the egg mixture into the skillet and cook, stirring gently, until the eggs are creamy and softly set, about 5 minutes. Season with salt and pepper, if desired.

Serve with buttered toast and greens of your choice.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 248 Calories; 20g Fat (74.4% calories from fat); 14g Protein; 1g Carbohydrate; trace Dietary Fiber; 455mg Cholesterol; 337mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	248	Vitamin B6 (mg):	.1mg
% Calories from Fat:	74.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	2.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	20g	Folacin (mcg):	51mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	455mg	% Refuse:	0 0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 14g
Sodium (mg): 337mg
Potassium (mg): 164mg
Calcium (mg): 72mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 904IU
Vitamin A (r.e.): 258 1/2RE

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 248 Calories from Fat: 185

% Daily Values*

Total Fat	20g	31%
Saturated Fat	10g	48%
Cholesterol	455mg	152%
Sodium	337mg	14%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	14g	

Vitamin A	18%
Vitamin C	0%
Calcium	7%
Iron	12%

** Percent Daily Values are based on a 2000 calorie diet.*