



WHATSheATE



Alaskan Chocolate Scrambled Eggs



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 5 eggs beaten
- ☐ 3 tablespoons coffee mix powder white instant chocolate flavored
- ☐ 1 cup milk

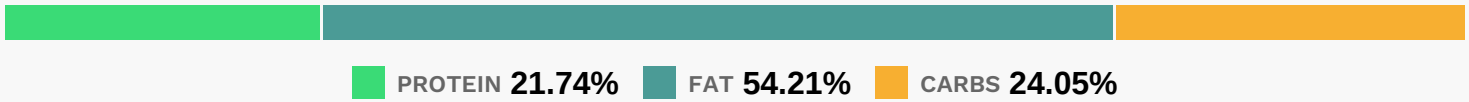
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, thoroughly mix eggs, milk, instant white chocolate flavored coffee mix powder and black pepper.
- ☐ Pour egg mixture into a medium skillet over medium heat. Cook, stirring often, 5 to 10 minutes, until eggs are firm.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:11.7, Inflammation Score:-4, Nutrition Score:16.910434852476%

Nutrients (% of daily need)

Calories: 357.58kcal (17.88%), Fat: 21.58g (33.2%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.74g (7.54%), Sugar: 19.38g (21.53%), Cholesterol: 428.5mg (142.83%), Sodium: 223.12mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.95%), Selenium: 37.23µg (53.19%), Vitamin B2: 0.74mg (43.47%), Phosphorus: 384.8mg (38.48%), Vitamin B12: 1.76µg (29.37%), Calcium: 269.09mg (26.91%), Vitamin D: 3.54µg (23.61%), Vitamin B5: 2.32mg (23.18%), Manganese: 0.42mg (21%), Vitamin A: 814.7IU (16.29%), Zinc: 2.12mg (14.13%), Vitamin B6: 0.28mg (14.13%), Folate: 53.76µg (13.44%), Iron: 2.27mg (12.61%), Potassium: 438.11mg (12.52%), Vitamin E: 1.46mg (9.73%), Magnesium: 35.63mg (8.91%), Vitamin B1: 0.13mg (8.64%), Vitamin K: 7.63µg (7.26%), Copper: 0.13mg (6.68%), Fiber: 0.8g (3.21%), Vitamin B3: 0.41mg (2.05%)