



Avocado Scrambled Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 large eggs
- 0.5 cup milk 2%
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 medium avocado ripe cubed peeled
- 2 tablespoons butter
- 6 bacon crumbled cooked

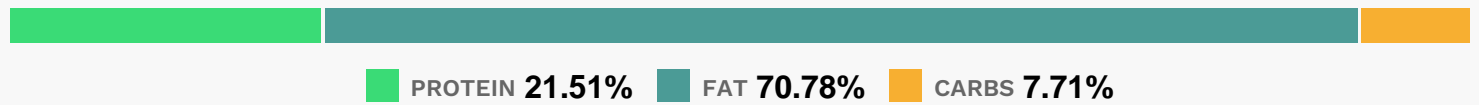
Equipment

- bowl
- frying pan

Directions

- In a bowl, beat eggs.
- Add milk, salt and pepper; stir in avocado. In a skillet over medium heat, melt butter.
- Add egg mixture; cook and stir gently until the eggs are completely set.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:10.931739122971%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 229.88kcal (11.49%), Fat: 18.25g (28.08%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.47g (1.63%), Cholesterol: 267.53mg (89.18%), Sodium: 464.47mg (20.19%), Alcohol: 0g (100%), Protein: 12.48g (24.96%), Selenium: 25.2µg (36%), Vitamin B2: 0.4mg (23.82%), Phosphorus: 199.8mg (19.98%), Vitamin B5: 1.65mg (16.53%), Folate: 59.61µg (14.9%), Vitamin B12: 0.79µg (13.21%), Vitamin B6: 0.25mg (12.5%), Vitamin A: 549.01IU (10.98%), Vitamin E: 1.54mg (10.28%), Zinc: 1.42mg (9.46%), Potassium: 324.2mg (9.26%), Vitamin D: 1.37µg (9.1%), Fiber: 2.27g (9.06%), Iron: 1.44mg (8.01%), Vitamin B3: 1.49mg (7.47%), Vitamin K: 7.74µg (7.37%), Vitamin B1: 0.1mg (6.79%), Calcium: 67.44mg (6.74%), Copper: 0.12mg (6.12%), Magnesium: 22.6mg (5.65%), Vitamin C: 3.39mg (4.11%), Manganese: 0.08mg (4.09%)