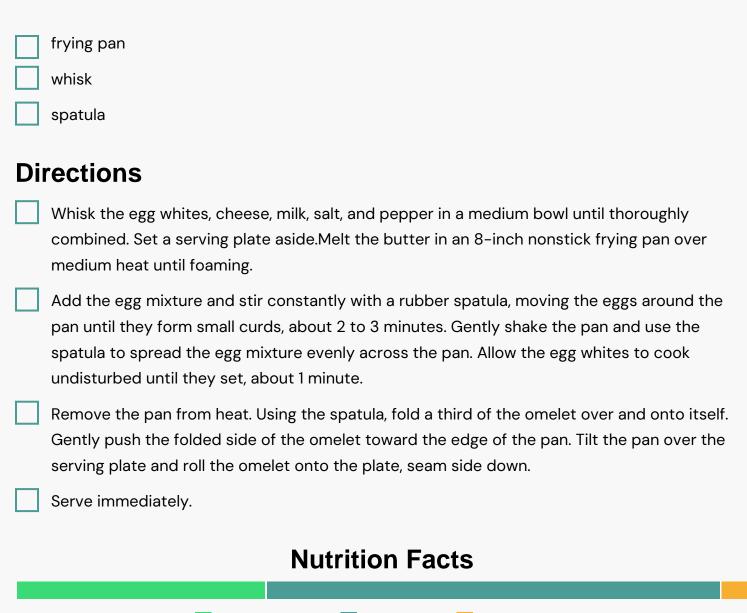


Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 large egg whites
- 0.3 teaspoon kosher salt
- 2 tablespoons pecorino cheese finely grated
- 1 tablespoon butter unsalted
- 2 teaspoons milk whole

Equipment

bowl



PROTEIN 34.13% 🔤 FAT 62.16% 📒 CARBS 3.71%

Properties

Glycemic Index:97, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:6.5304347665414%

Nutrients (% of daily need)

Calories: 214.35kcal (10.72%), Fat: 14.6g (22.46%), Saturated Fat: 9.09g (56.83%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.5g (1.67%), Cholesterol: 41.7mg (13.9%), Sodium: 925.88mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Selenium: 28.19µg (40.28%), Vitamin B2: 0.64mg (37.38%), Calcium: 132.77mg (13.28%), Phosphorus: 109.65mg (10.97%), Vitamin A: 408.93IU (8.18%), Potassium: 245.56mg (7.02%), Vitamin B12: 0.31µg (5.14%), Magnesium: 20.54mg (5.14%), Vitamin B5: 0.35mg (3.49%), Manganese: 0.05mg (2.54%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.36mg (2.37%), Zinc: 0.36mg (2.37%), Copper: 0.04mg (1.97%), Folate: 6.44µg (1.61%), Vitamin K: 1.64µg (1.56%), Iron: 0.21mg (1.19%), Vitamin B6: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.04%)