



## Basic Scrambled Eggs

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 large eggs
- 1 tablespoon chives fresh finely chopped
- 1 tablespoon tarragon fresh finely chopped
- 1 tablespoon butter unsalted

## Equipment

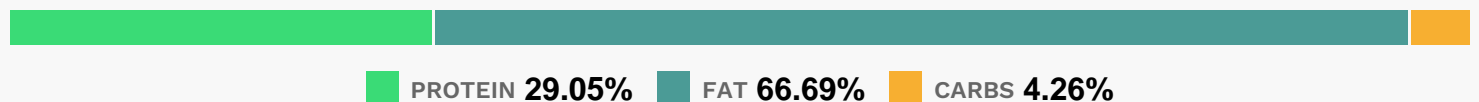
- bowl
- frying pan
- whisk

spatula

## Directions

- Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate.
- Place 2 tablespoons of the eggs in a small bowl; set aside.
- Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes.
- Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated.
- Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center.
- Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
- Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet.
- Remove from heat and season with salt and pepper as needed.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:8.3160870412122%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 137.73kcal (6.89%), Fat: 10.1g (15.54%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.31g (0.47%), Sugar: 0.29g (0.33%), Cholesterol: 286.52mg (95.51%), Sodium: 107.99mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Selenium: 23.14µg (33.06%), Vitamin B2: 0.37mg (21.66%), Phosphorus: 155.25mg (15.53%), Vitamin A: 598.61IU (11.97%), Vitamin B5: 1.16mg (11.56%), Vitamin B12:

0.67µg (11.22%), Iron: 1.89mg (10.5%), Vitamin D: 1.55µg (10.35%), Folate: 40.94µg (10.23%), Vitamin B6: 0.17mg (8.54%), Manganese: 0.16mg (8.17%), Zinc: 1.04mg (6.95%), Calcium: 63.46mg (6.35%), Vitamin E: 0.87mg (5.8%), Potassium: 159.41mg (4.55%), Magnesium: 15.46mg (3.86%), Copper: 0.07mg (3.38%), Vitamin B1: 0.04mg (2.34%), Vitamin K: 2.07µg (1.97%), Vitamin C: 1.31mg (1.59%), Vitamin B3: 0.22mg (1.1%)