



Basic Scrambled Eggs



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 large eggs
- ☐ 1 Dash pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

Equipment

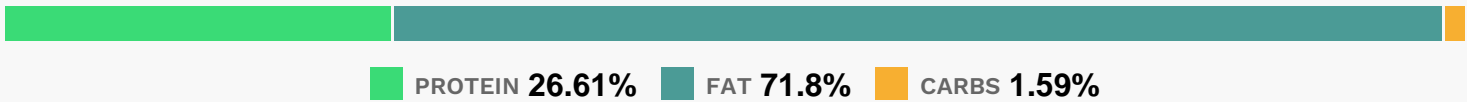
- ☐ frying pan
- ☐ microwave

☐ spatula

Directions

- ☐ Combine first 4 ingredients; stir briskly with a fork until blended.
- ☐ Melt butter in an 8-inch nonstick skillet over medium heat, tilting pan to coat bottom; pour in egg mixture.
- ☐ Cook, without stirring, until mixture begins to set on bottom. Draw a spatula across bottom of pan to form large curds. Continue cooking until eggs are set but still moist (do not stir constantly).
- ☐ Combine eggs, water, salt, and pepper; stir briskly with a fork until blended.
- ☐ Place butter in a shallow 1-quart casserole. Microwave at HIGH 20 seconds or until melted; rotate casserole to coat bottom of dish.
- ☐ Pour in egg mixture. Microwave at HIGH 1 minute. Break up set portions of egg with a fork, and push toward center of dish. Microwave at HIGH 1 to 2 minutes or until eggs are almost set (eggs will be soft and moist), stirring gently after 1 minute. Cover and let stand 2 minutes or until set.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:9.4921739200211%

Nutrients (% of daily need)

Calories: 193.32kcal (9.67%), Fat: 15.19g (23.37%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.37g (0.42%), Cholesterol: 387.05mg (129.02%), Sodium: 478.45mg (20.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Selenium: 30.77µg (43.96%), Vitamin B2: 0.46mg (27.03%), Phosphorus: 199.76mg (19.98%), Vitamin B5: 1.54mg (15.41%), Vitamin B12: 0.9µg (15.03%), Vitamin A: 715.2IU (14.3%), Vitamin D: 2µg (13.33%), Folate: 47.22µg (11.8%), Iron: 1.76mg (9.77%), Zinc: 1.3mg (8.66%), Vitamin B6: 0.17mg (8.52%), Vitamin E: 1.21mg (8.09%), Calcium: 58.53mg (5.85%), Potassium: 140.4mg (4.01%), Copper: 0.08mg (3.76%), Magnesium: 12.38mg (3.1%), Vitamin B1: 0.04mg (2.69%), Manganese: 0.04mg (1.76%)