



Basil-Vegetable Scramble (Cooking for 2)



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups potatoes cubed cooked (2 medium)
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 eggs
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)

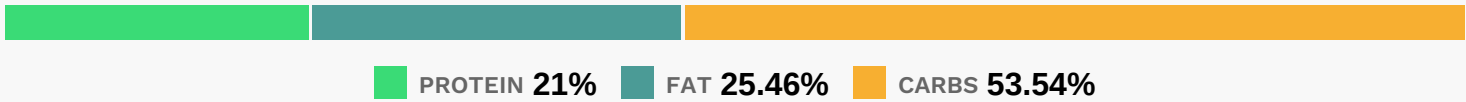
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook potatoes, onion and bell pepper in skillet about 5 minutes, stirring occasionally, until hot.
- ☐ Beat remaining ingredients until well blended; pour into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 2 to 4 minutes or until eggs are thickened throughout but still moist.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:27.51, Inflammation Score:-8, Nutrition Score:24.790434795877%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 305.44kcal (15.27%), Fat: 8.74g (13.44%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 35.2g (12.8%), Sugar: 3.64g (4.05%), Cholesterol: 327.36mg (109.12%), Sodium: 431.35mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Vitamin C: 66.8mg (80.97%), Vitamin B6: 0.88mg (43.86%), Selenium: 27.84µg (39.77%), Vitamin K: 39.64µg (37.75%), Potassium: 1129.22mg (32.26%), Phosphorus: 310.43mg (31.04%), Vitamin B2: 0.52mg (30.34%), Manganese: 0.59mg (29.59%), Iron: 5.11mg (28.38%), Fiber: 6.14g (24.56%), Folate: 93.66µg (23.42%), Vitamin A: 1129.84IU (22.6%), Vitamin B5: 2.07mg (20.71%), Magnesium: 77.51mg (19.38%), Copper: 0.34mg (17.19%), Vitamin B1: 0.22mg (14.96%), Zinc: 1.97mg (13.14%), Vitamin B12: 0.78µg (13.05%), Vitamin B3: 2.59mg (12.97%), Calcium: 125.55mg (12.55%), Vitamin D: 1.76µg (11.73%), Vitamin E: 1.49mg (9.96%)