

BBQ Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons barbecue sauce
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons optional: dill dried
- ☐ 4 eggs
- ☐ 1.5 teaspoons garlic minced
- ☐ 2 tablespoons milk
- ☐ 1.5 teaspoons ground mustard
- ☐ 0.5 cup cheddar cheese shredded

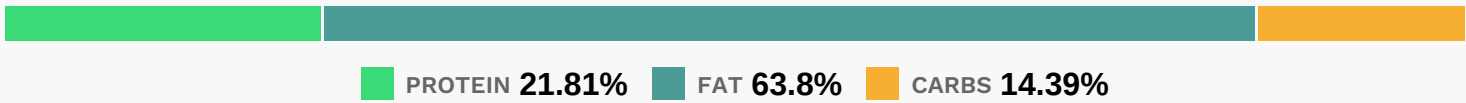
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the eggs, barbeque sauce, milk, dill, mustard powder and garlic.
- ☐ Melt butter or margarine in a large skillet over medium heat.
- ☐ Pour in the egg mixture, and cook stirring frequently until eggs are scrambled and cooked through.
- ☐ Remove from heat, and sprinkle cheese over the top.
- ☐ Let stand for a minute to melt cheese, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:14.377391571584%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.92kcal (17.55%), Fat: 24.81g (38.18%), Saturated Fat: 9.67g (60.44%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 12.07g (4.39%), Sugar: 8.53g (9.47%), Cholesterol: 357.41mg (119.14%), Sodium: 608.88mg (26.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Selenium: 39.02µg (55.74%), Phosphorus: 344.7mg (34.47%), Vitamin B2: 0.57mg (33.58%), Calcium: 298.22mg (29.82%), Vitamin A: 1126.5IU (22.53%), Vitamin B12: 1.17µg (19.51%), Zinc: 2.41mg (16.08%), Vitamin B5: 1.59mg (15.89%), Vitamin D: 2.09µg (13.96%), Iron: 2.27mg (12.6%), Folate: 50.3µg (12.57%), Vitamin B6: 0.24mg (12.1%), Vitamin E: 1.61mg (10.75%), Magnesium: 32.54mg (8.13%), Manganese: 0.16mg (7.98%), Potassium: 264.29mg (7.55%), Copper: 0.11mg (5.43%),

Vitamin B1: 0.08mg (5.15%), Fiber: 0.53g (2.12%), Vitamin B3: 0.34mg (1.68%), Vitamin C: 1.33mg (1.61%), Vitamin K: 1.5µg (1.43%)