



Best Scrambled Eggs Ever

READY IN



20 min.

SERVINGS



6

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 servings bagels toasted for serving
- ☐ 1 tablespoon butter
- ☐ 6 eggs
- ☐ 1 tablespoon chives fresh chopped for garnish
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup half-and-half
- ☐ 2 ounces salmon smoked chopped

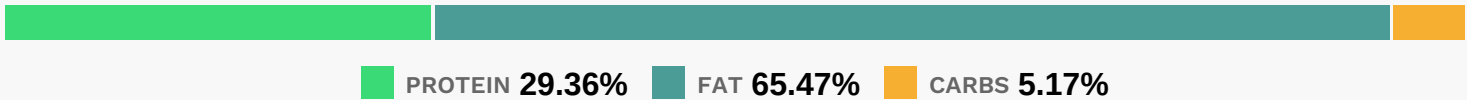
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the eggs. Then, into a medium bowl, pass the eggs through a fine-mesh strainer.
- ☐ Add the half-and-half and whisk until smooth.
- ☐ Add the pepper and whisk until well combined.
- ☐ Heat a nonstick skillet on low heat and melt the butter.
- ☐ Pour the eggs into the skillet. Using a heat-resistant rubber spatula, stir the egg mixture over low heat to create soft, creamy curds. Continue to cook until soft and creamy, then sprinkle in the salmon. Cook until light and fluffy.
- ☐ Serve, garnished with chives.
- ☐ Serve with a toasted bagel.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:5.9734782323889%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 107.02kcal (5.35%), Fat: 7.67g (11.8%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.59g (0.66%), Cholesterol: 174.4mg (58.13%), Sodium: 163.09mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.47%), Selenium: 16.92µg (24.18%), Vitamin D: 2.5µg

(16.64%), Vitamin B2: 0.23mg (13.66%), Vitamin B12: 0.72µg (12.05%), Phosphorus: 114.14mg (11.41%), Vitamin B5: 0.79mg (7.95%), Vitamin A: 362.05IU (7.24%), Folate: 22µg (5.5%), Vitamin B6: 0.11mg (5.38%), Iron: 0.89mg (4.92%), Vitamin E: 0.67mg (4.47%), Zinc: 0.65mg (4.34%), Calcium: 38.04mg (3.8%), Copper: 0.06mg (2.89%), Potassium: 94.72mg (2.71%), Vitamin B3: 0.51mg (2.56%), Magnesium: 8.68mg (2.17%), Vitamin B1: 0.03mg (1.67%), Manganese: 0.03mg (1.6%), Vitamin K: 1.64µg (1.56%)