



BLT Scrambled Eggs

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



392 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 servings pepper black freshly ground
- 10 large eggs
- 6 servings kosher salt
- 2 medium leek light white green thinly sliced quartered (and parts only)
- 0.5 cup mayonnaise
- 2 tablespoons milk (not nonfat)
- 6 ounces bacon thick-cut (4 slices)
- 8 ounces tomatoes

Equipment

- bowl
- frying pan
- whisk
- spatula
- slotted spoon

Directions

- Place the bacon in a large nonstick frying pan over medium heat and cook, stirring occasionally, until crisped and browned, about 15 minutes. Meanwhile, prepare the egg mixture and cut up the tomatoes.
- Place the eggs, mayonnaise, and milk in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined; set aside. Core and cut the tomatoes into small dice, place them in a small bowl, and season with salt and pepper; set aside. When the bacon is ready, remove it with a slotted spoon to a small paper-towel-lined plate and set it aside. Reduce the heat to medium-low, add the leeks to the pan, and season with salt and pepper. Cook, stirring occasionally, until the leeks have softened, about 5 minutes.
- Pour in the egg mixture.
- Let it sit undisturbed until the eggs just start to set around the edges, about 1 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let sit again until the edges start to set, then spread back into an even layer. Repeat, pushing the eggs from the edges into the center every 30 seconds, until almost set, for a total cooking time of about 4 to 5 minutes. (The top of the eggs should still be slightly wet.)
- Remove the pan from the heat.
- Add the reserved bacon and gently fold to combine. Divide the eggs among serving plates and top them with the diced tomatoes (use a slotted spoon to avoid the juices in the bowl).
- Serve immediately.

Nutrition Facts

  
 PROTEIN **15.59%**  FAT **77.18%**  CARBS **7.23%**

Properties

Glycemic Index:31.67, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:15.365652084351%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 392.47kcal (19.62%), Fat: 33.47g (51.49%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.04g (2.2%), Sugar: 2.81g (3.12%), Cholesterol: 337.15mg (112.38%), Sodium: 628.07mg (27.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.42%), Selenium: 32.11µg (45.87%), Vitamin K: 47.78µg (45.51%), Vitamin A: 1290.68IU (25.81%), Vitamin B2: 0.43mg (25.32%), Phosphorus: 234.41mg (23.44%), Folate: 64.77µg (16.19%), Vitamin B6: 0.32mg (16.06%), Vitamin B5: 1.56mg (15.62%), Vitamin B12: 0.93µg (15.55%), Vitamin E: 2.09mg (13.93%), Iron: 2.35mg (13.06%), Vitamin D: 1.87µg (12.48%), Manganese: 0.23mg (11.35%), Vitamin C: 8.74mg (10.59%), Zinc: 1.56mg (10.4%), Vitamin B1: 0.15mg (9.88%), Potassium: 326.72mg (9.33%), Calcium: 77.57mg (7.76%), Vitamin B3: 1.55mg (7.76%), Copper: 0.13mg (6.74%), Magnesium: 26.83mg (6.71%), Fiber: 1.01g (4.05%)