



Breakfast Egg Scramble with Brie

READY IN



20 min.

SERVINGS



4

CALORIES



537 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baby spinach fresh loosely packed
- ☐ 4 oz round of président brie cut into 1/2-inch pieces
- ☐ 2 tablespoons butter
- ☐ 1 cup canadian bacon finely chopped
- ☐ 10 eggs
- ☐ 4 muffins split english toasted
- ☐ 2 tablespoons milk

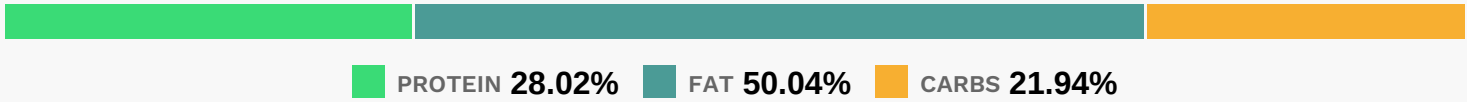
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, beat eggs and milk with fork or wire whisk. Set aside.
- ☐ In 12-inch nonstick skillet, melt butter over medium heat.
- ☐ Add Canadian bacon and spinach; cook and stir 1 minute, just until spinach begins to wilt.
- ☐ Pour egg mixture over spinach mixture; add cheese. Cook 3 to 5 minutes, stirring occasionally, until eggs are set but slightly moist. Spoon 1/2 cup egg mixture onto each muffin half.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:18.75, Inflammation Score:-8, Nutrition Score:28.149130572443%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 536.94kcal (26.85%), Fat: 29.44g (45.29%), Saturated Fat: 13.58g (84.9%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 27.16g (9.88%), Sugar: 0.96g (1.07%), Cholesterol: 483.07mg (161.02%), Sodium: 1193.4mg (51.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Selenium: 53.03µg (75.76%), Vitamin K: 73.94µg (70.42%), Vitamin B2: 0.88mg (51.81%), Phosphorus: 507.24mg (50.72%), Vitamin A: 2355.46IU (47.11%), Vitamin B1: 0.63mg (41.83%), Vitamin B12: 1.92µg (31.97%), Folate: 122.89µg (30.72%), Vitamin D: 4.08µg (27.2%), Vitamin B6: 0.54mg (27.14%), Vitamin B5: 2.49mg (24.89%), Vitamin B3: 4.89mg (24.44%), Zinc: 3.43mg (22.88%), Manganese: 0.39mg (19.62%), Iron: 3.38mg (18.8%), Calcium: 173.89mg (17.39%), Potassium: 569.66mg (16.28%), Magnesium: 53.78mg (13.45%), Vitamin E: 1.82mg (12.12%), Copper: 0.2mg (10.22%), Fiber: 1.87g (7.48%), Vitamin C: 4.27mg (5.18%)