



Carb Buster Breakfast

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



419 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 slice cheese Monterey Jack, Cheddar, Swiss, etc.
- ☐ 2 eggs
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion cut into chunks
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 1 tomatoes sliced
- ☐ 1 teaspoon vinegar
- ☐ 0.5 cup baby squash diced yellow

☐ 0.5 cup zucchini diced

Equipment

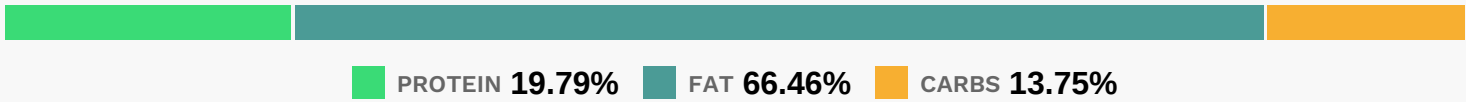
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Warm the olive oil in a medium skillet over medium-high heat.
- ☐ Add the onions and cook until starting to soften, 2 to 3 minutes.
- ☐ Add the yellow squash and zucchini, sprinkle with salt and pepper and stir and cook for 3 to 4 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Grill the tomato slices on a grill pan or simply sear them in a hot skillet.
- ☐ Remove and set aside.
- ☐ Bring a medium saucepan of water to a gentle boil.
- ☐ Add the vinegar. Use a wooden spoon to carefully stir the water into a circular "whirlpool." Crack the eggs into the water and allow them to swirl around in the water until they begin to set.
- ☐ Let them stay in the water for 1 minute, then remove them with a slotted spoon and set on a plate. If the eggs need to be cooked longer, just add them back to the water for 30 seconds at a time.
- ☐ Spoon the vegetables on a plate or in a bowl and set the eggs on top.
- ☐ Lay the tomato slices on the side.
- ☐ Place the cheese slice on the side.

Sprinkle the eggs with salt and pepper and serve!

Nutrition Facts



Properties

Glycemic Index:221, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:23.194347879161%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 418.91kcal (20.95%), Fat: 31.46g (48.4%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 10.95g (3.98%), Sugar: 8.83g (9.81%), Cholesterol: 352.28mg (117.43%), Sodium: 307.8mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Vitamin C: 41.62mg (50.45%), Selenium: 31.62µg (45.17%), Vitamin B2: 0.69mg (40.49%), Vitamin A: 1953.76IU (39.08%), Phosphorus: 389.42mg (38.94%), Calcium: 302.39mg (30.24%), Vitamin B6: 0.56mg (28.03%), Folate: 106.58µg (26.65%), Vitamin E: 3.83mg (25.54%), Potassium: 827.35mg (23.64%), Manganese: 0.46mg (23.15%), Vitamin K: 23.85µg (22.72%), Vitamin B5: 1.8mg (18%), Zinc: 2.64mg (17.61%), Vitamin B12: 1.02µg (16.93%), Iron: 2.71mg (15.03%), Fiber: 3.68g (14.71%), Magnesium: 58.14mg (14.53%), Vitamin D: 1.93µg (12.85%), Copper: 0.23mg (11.48%), Vitamin B1: 0.17mg (11.02%), Vitamin B3: 1.44mg (7.21%)