



Cheesy Cast-Iron Skillet Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons chives finely chopped
- 12 large eggs lightly beaten
- 4 ounces goat cheese crumbled
- 1 jalapeno cut into thin rounds, seeds included
- 0.5 teaspoon pepper freshly ground
- 1 small onion diced red finely
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted

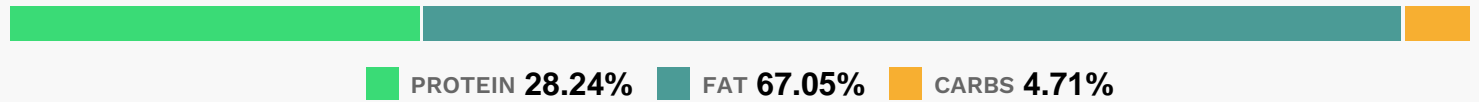
Equipment

frying pan

Directions

- In a large cast-iron skillet, melt butter over medium heat.
- Add onion and jalapeo and cook until soft (57 minutes). Stir in eggs, salt, and pepper, and cook, stirring, until soft curds form (about 3 minutes).
- Remove skillet from heat and mix in the goat cheese and chives.
- Serve immediately with whole-grain toast or English muffin, if desired.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:11.978260833284%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 235.08kcal (11.75%), Fat: 17.32g (26.64%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.43g (1.59%), Cholesterol: 390.73mg (130.24%), Sodium: 309.83mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Selenium: 31.39µg (44.85%), Vitamin B2: 0.54mg (31.67%), Phosphorus: 254.27mg (25.43%), Vitamin A: 921.82IU (18.44%), Vitamin B5: 1.7mg (17.02%), Vitamin B12: 0.93µg (15.56%), Vitamin D: 2.15µg (14.3%), Folate: 54.6µg (13.65%), Vitamin B6: 0.25mg (12.55%), Iron: 2.19mg (12.15%), Copper: 0.22mg (11.16%), Zinc: 1.51mg (10.07%), Calcium: 89.79mg (8.98%), Vitamin E: 1.28mg (8.56%), Vitamin C: 4.7mg (5.7%), Potassium: 181.78mg (5.19%), Manganese: 0.1mg (4.91%), Magnesium: 18.01mg (4.5%), Vitamin B1: 0.06mg (4.25%), Vitamin K: 3.87µg (3.69%), Fiber: 0.44g (1.78%), Vitamin B3: 0.22mg (1.09%)