



Cheesy Cast Iron Skillet Scrambled Eggs



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



10

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 bunch chives finely chopped
- ☐ 24 eggs lightly beaten
- ☐ 8 ounces goat cheese crumbled
- ☐ 1 jalapeño coarsely chopped
- ☐ 1 onion diced red finely
- ☐ 10 servings salt and pepper freshly ground
- ☐ 4 tablespoons butter unsalted

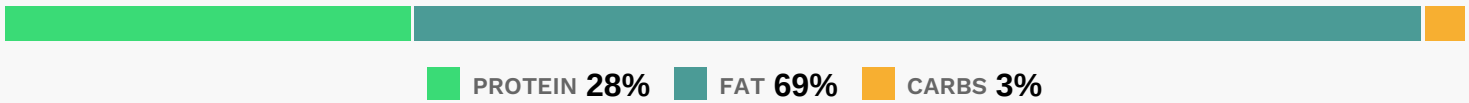
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Melt the butter in a large cast iron skillet that has been placed on the grates of the grill.
- ☐ Add the onion and jalapeno and cook until soft. Stir in the eggs and season with salt and pepper. Continue stirring the eggs until soft curds form.
- ☐ Remove from the heat and stir in the goat cheese and chives.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:12.323043571866%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 255.96kcal (12.8%), Fat: 19.38g (29.82%), Saturated Fat: 9.49g (59.34%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.13g (1.25%), Cholesterol: 415.3mg (138.43%), Sodium: 428.31mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.4%), Selenium: 33.17µg (47.39%), Vitamin B2: 0.58mg (33.83%), Phosphorus: 272.28mg (27.23%), Vitamin A: 977.19IU (19.54%), Vitamin B5: 1.8mg (17.98%), Vitamin B12: 0.99µg (16.54%), Vitamin D: 2.29µg (15.24%), Folate: 55.41µg (13.85%), Iron: 2.31mg (12.86%), Vitamin B6: 0.26mg (12.8%), Copper: 0.25mg (12.43%), Zinc: 1.6mg (10.66%), Calcium: 95.42mg (9.54%), Vitamin E: 1.33mg (8.88%), Potassium: 173.72mg (4.96%), Magnesium: 17.9mg (4.47%), Vitamin B1: 0.06mg (4.29%), Manganese: 0.07mg (3.5%), Vitamin C: 2.71mg (3.28%), Vitamin K: 2.27µg (2.16%), Vitamin B3: 0.21mg (1.06%)