



Creamy Scrambled Eggs with Cheese and Chives

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 servings pepper black freshly ground
- 4 large eggs
- 0.3 teaspoon kosher salt
- 0.3 cup scallion greens minced
- 0.5 cup milk ricotta whole
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Whisk the eggs with the ricotta, chives, salt and pepper, to taste, in a bowl until evenly blended.
- Melt the butter in a small non-stick skillet over medium-low heat.
- Pour in the egg mixture and gently stir with a rubber spatula for soft, fluffy curds. Continue cooking, stirring occasionally, until the eggs set into a soft creamy curd (if the eggs cook too long the cheese will begin to weep.) Divide the eggs between 2 plates and serve hot.

Nutrition Facts

PROTEIN 25.65% **FAT 66.5%** **CARBS 7.85%**

Properties

Glycemic Index:51, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:13.332608777544%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 234.04kcal (11.7%), Fat: 17.17g (26.41%), Saturated Fat: 7.87g (49.16%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.6g (4%), Cholesterol: 394.37mg (131.46%), Sodium: 458.65mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Selenium: 32.01µg (45.73%), Vitamin B2: 0.55mg (32.57%), Phosphorus: 266.07mg (26.61%), Vitamin K: 27.01µg (25.73%), Vitamin B12: 1.23µg (20.52%), Vitamin A: 938.92IU (18.78%), Vitamin D: 2.78µg (18.51%), Vitamin B5: 1.78mg (17.79%), Calcium: 142.33mg (14.23%), Folate: 55.23µg (13.81%), Iron: 1.95mg (10.83%), Vitamin B6: 0.22mg (10.77%), Zinc: 1.6mg (10.65%), Vitamin E: 1.31mg (8.75%), Potassium: 267.07mg (7.63%), Magnesium: 22.14mg (5.53%), Vitamin B1: 0.08mg (5.43%), Copper: 0.09mg (4.28%), Manganese: 0.06mg (3.21%), Vitamin C: 2.35mg (2.85%), Fiber: 0.35g (1.4%), Vitamin B3: 0.21mg (1.04%)