



Creamy Scrambled Eggs with Smoked Trout and Green Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 tablespoons butter
- ☐ 4 ounces cream cheese cut into 1/2-inch pieces, room temperature
- ☐ 8 large eggs
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 4.5 ounce trout smoked

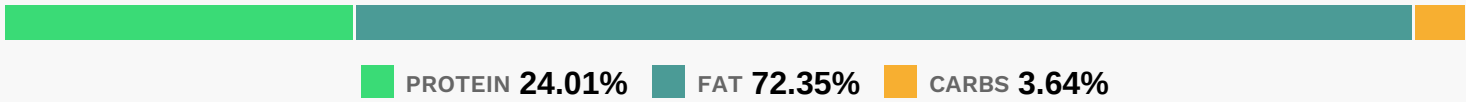
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk eggs in large bowl to blend.
- ☐ Add trout, cream cheese, green onions, and chopped dill. Season lightly with salt and generously with pepper; stir to mix.
- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Add egg mixture and stir slowly until eggs just hold together and are cooked through but still moist, about 4 minutes. Divide egg mixture among 4 plates.
- ☐ Garnish with dill sprigs, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:18.026521672373%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 356.23kcal (17.81%), Fat: 28.49g (43.83%), Saturated Fat: 13.72g (85.78%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.73g (1.92%), Cholesterol: 437.94mg (145.98%), Sodium: 305.96mg (13.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.55%), Vitamin B12: 3.45µg (57.53%), Selenium: 37.32µg (53.31%), Vitamin B2: 0.64mg (37.7%), Phosphorus: 313.3mg (31.33%), Vitamin K: 27.41µg (26.11%), Vitamin A: 1293.78IU (25.88%), Vitamin B5: 2.33mg (23.33%), Vitamin D: 3.24µg (21.63%), Manganese: 0.32mg (16.22%), Folate: 62.19µg (15.55%), Iron: 2.46mg (13.65%), Vitamin B6: 0.26mg (12.89%), Zinc: 1.7mg (11.33%), Vitamin B1: 0.17mg (11.04%), Calcium: 108.63mg (10.86%), Vitamin E: 1.63mg (10.86%), Potassium: 328.26mg (9.38%), Vitamin B3: 1.61mg (8.04%), Copper: 0.15mg (7.38%), Magnesium: 24.33mg (6.08%), Vitamin C: 2.64mg (3.2%), Fiber: 0.33g (1.31%)