




Curried Scrambled Egg

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon chives finely chopped
- 0.1 teaspoon curry powder
- 1 eggs
- 1 teaspoon olive oil
- 1 teaspoon water

Equipment

- bowl
- frying pan

Directions

- In a small bowl, beat the eggs, water, chives and curry powder.
- Pour oil into a small skillet: add egg mixture. Cook and stir gently over medium heat until egg is set.

Nutrition Facts

PROTEIN 22.78% **FAT 75.17%** **CARBS 2.05%**

Properties

Glycemic Index:50, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.666087007393%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 8.23g (12.66%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.19g (0.21%), Cholesterol: 163.68mg (54.56%), Sodium: 62.97mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Selenium: 13.56µg (19.37%), Vitamin B2: 0.2mg (11.94%), Phosphorus: 88.57mg (8.86%), Vitamin E: 1.1mg (7.3%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 283.6IU (5.67%), Folate: 22.11µg (5.53%), Iron: 0.88mg (4.9%), Vitamin K: 4.92µg (4.69%), Vitamin B6: 0.08mg (3.95%), Zinc: 0.58mg (3.89%), Calcium: 26.94mg (2.69%), Potassium: 67.58mg (1.93%), Copper: 0.04mg (1.8%), Magnesium: 6.39mg (1.6%), Manganese: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.27%)