



Curry Cheddar Scrambled Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon curry powder
- 2 large eggs beaten
- 0.5 teaspoon butter
- 1 serving salt and pepper to taste
- 2 tablespoons cheddar cheese shredded

Equipment

- frying pan

Directions

- Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese.
- Melt the margarine in a skillet over medium heat.
- Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

Nutrition Facts

PROTEIN 29.11% **FAT 68.36%** **CARBS 2.53%**

Properties

Glycemic Index:32, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:11.662173826409%

Nutrients (% of daily need)

Calories: 231.96kcal (11.6%), Fat: 17.37g (26.73%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.44g (0.49%), Cholesterol: 389mg (129.67%), Sodium: 470.8mg (20.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.29%), Selenium: 35.6µg (50.85%), Vitamin B2: 0.53mg (31.43%), Phosphorus: 278.18mg (27.82%), Calcium: 179.45mg (17.94%), Vitamin B12: 1.07µg (17.88%), Vitamin A: 804.69IU (16.09%), Vitamin B5: 1.61mg (16.05%), Vitamin D: 2.1µg (14.01%), Zinc: 1.93mg (12.9%), Folate: 51.37µg (12.84%), Iron: 1.93mg (10.7%), Vitamin B6: 0.19mg (9.39%), Vitamin E: 1.36mg (9.1%), Potassium: 159.9mg (4.57%), Magnesium: 17.94mg (4.49%), Copper: 0.08mg (4.09%), Vitamin B1: 0.05mg (3.1%), Manganese: 0.05mg (2.58%), Vitamin K: 1.21µg (1.15%)