



## Denver Scramble

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**391 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 10 large eggs
- 4 ounces ham cooked
- 1 teaspoon kosher salt as needed plus more
- 0.3 cup milk (not nonfat)
- 2.5 ounces sharp cheddar cheese shredded
- 2 tablespoons butter unsalted ()
- 1 medium bell pepper green red yellow cored seeded cut into medium dice

0.5 medium onion yellow

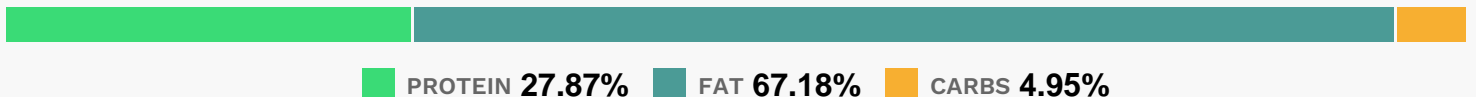
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Melt the butter in a large nonstick frying pan over medium heat until foaming.
- Add the bell pepper and onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes. Meanwhile, place the eggs, milk, and measured salt and pepper in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined; set aside.
- Add the ham to the pan and cook, stirring occasionally, until warmed through, about 2 minutes. Reduce the heat to medium low and pour in the egg mixture.
- Let sit undisturbed until the eggs just start to set around the edges, about 1 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let sit again until the edges start to set, then spread back into an even layer. Repeat, pushing the eggs from the edges into the center every 30 seconds until almost set, for a total cooking time of about 4 to 5 minutes. (The top of the eggs should still be slightly wet.)
- Remove the pan from the heat.
- Sprinkle in the cheese and gently fold until melted.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:19.616956773012%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## **Nutrients (% of daily need)**

Calories: 391.03kcal (19.55%), Fat: 28.9g (44.46%), Saturated Fat: 12.91g (80.71%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.02g (1.46%), Sugar: 2.56g (2.84%), Cholesterol: 517.18mg (172.39%), Sodium: 1219.29mg (53.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.95%), Selenium: 50.26µg (71.8%), Vitamin B2: 0.75mg (43.98%), Phosphorus: 416.54mg (41.65%), Vitamin C: 24.94mg (30.23%), Vitamin B12: 1.58µg (26.27%), Vitamin A: 1163.21IU (23.26%), Calcium: 224.74mg (22.47%), Vitamin B5: 2.23mg (22.32%), Vitamin B6: 0.43mg (21.27%), Vitamin D: 3.08µg (20.52%), Zinc: 3.05mg (20.36%), Folate: 69.14µg (17.29%), Vitamin B1: 0.26mg (17.19%), Iron: 2.61mg (14.51%), Vitamin E: 1.83mg (12.21%), Potassium: 365.7mg (10.45%), Magnesium: 31.72mg (7.93%), Vitamin B3: 1.55mg (7.73%), Copper: 0.15mg (7.39%), Manganese: 0.11mg (5.66%), Vitamin K: 3.8µg (3.62%), Fiber: 0.77g (3.08%)