



Easy Fluffy Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 1 pinch ground pepper black
- 7 tablespoons milk
- 1 tablespoon olive oil
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan

Directions

- Beat eggs in a bowl with a fork.
- Add milk, salt, and pepper; beat until well mixed.
- Coat a small skillet with olive oil and heat over medium heat.
- Pour egg mixture into hot skillet; cook and stir until eggs are set, 3 to 5 minutes.

Nutrition Facts

PROTEIN 18.63% **FAT 74.19%** **CARBS 7.18%**

Properties

Glycemic Index:70, Glycemic Load:1.88, Inflammation Score:-3, Nutrition Score:12.517826006788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 312.85kcal (15.64%), Fat: 25.73g (39.59%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.58g (2.03%), Sugar: 5.38g (5.97%), Cholesterol: 339.96mg (113.32%), Sodium: 1327.9mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.08%), Selenium: 29.02µg (41.46%), Vitamin B2: 0.55mg (32.19%), Phosphorus: 280.45mg (28.04%), Vitamin B12: 1.35µg (22.5%), Vitamin E: 2.99mg (19.96%), Vitamin D: 2.91µg (19.43%), Calcium: 179.73mg (17.97%), Vitamin B5: 1.74mg (17.42%), Vitamin A: 645.85IU (12.92%), Vitamin B6: 0.21mg (10.7%), Zinc: 1.57mg (10.47%), Folate: 41.38µg (10.34%), Iron: 1.64mg (9.1%), Vitamin K: 9.17µg (8.73%), Potassium: 280.65mg (8.02%), Vitamin B1: 0.09mg (6.27%), Magnesium: 23.36mg (5.84%), Copper: 0.07mg (3.33%), Manganese: 0.04mg (2.23%)