



Egg Noodle Scramble

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 1.5 cups extra wide egg noodles uncooked
- ☐ 8 large eggs
- ☐ 0.5 cup milk
- ☐ 0.3 cup raisins
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted

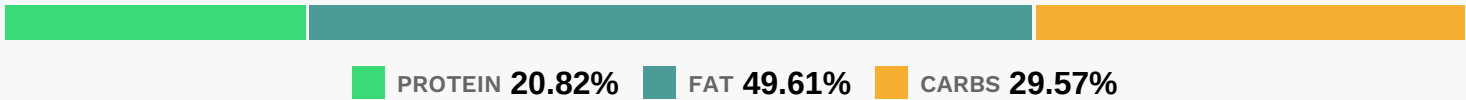
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook noodles according to package directions and drain in a colander; do not rinse. Coarsely chop noodles.
- ☐ Stir sugar and cinnamon in a small bowl and set aside.
- ☐ Combine eggs, milk and salt in a bowl; use a fork to beat until well-blended.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add noodles and raisins and cook, stirring, for 1 minute.
- ☐ Add and cook, scrambling until eggs are cooked through, 2 to 3 minutes.
- ☐ Sprinkle cinnamon-sugar on top and serve warm.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:10.72, Inflammation Score:-4, Nutrition Score:13.228695491086%

Nutrients (% of daily need)

Calories: 305.2kcal (15.26%), Fat: 16.86g (25.94%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 21.39g (7.78%), Sugar: 5.11g (5.68%), Cholesterol: 402.68mg (134.23%), Sodium: 169.63mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Selenium: 42.66µg (60.94%), Vitamin B2: 0.53mg (31.26%), Phosphorus: 271.78mg (27.18%), Vitamin B12: 1.11µg (18.47%), Vitamin B5: 1.79mg (17.89%), Vitamin D: 2.48µg (16.56%), Vitamin A: 773.91IU (15.48%), Folate: 51.63µg (12.91%), Iron: 2.28mg (12.66%), Vitamin B6: 0.24mg (11.85%), Zinc: 1.72mg (11.44%), Manganese: 0.22mg (10.97%), Calcium: 105.26mg (10.53%), Vitamin E: 1.29mg (8.57%), Potassium: 296.11mg (8.46%), Copper: 0.14mg (7.21%), Magnesium: 26.93mg (6.73%), Vitamin B1: 0.09mg (6.12%), Fiber: 1.22g (4.88%), Vitamin B3: 0.51mg (2.57%)