



English Crown Scramble

READY IN



35 min.

SERVINGS



6

CALORIES



767 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 2 tablespoons butter
- 1 eggs slightly beaten for egg wash
- 6 eggs slightly beaten
- 1.5 tablespoons flour all-purpose
- 2 tablespoons chives fresh chopped
- 0.5 cup parmesan shredded
- 12 puff pastry shells frozen (recommended: Pepperidge Farm)
- 0.3 teaspoon salt

- 6 servings salt and pepper
- 0.8 cup swiss cheese shredded
- 1 teaspoon vegetable oil
- 0.3 cup milk whole
- 1.3 cups milk whole

Equipment

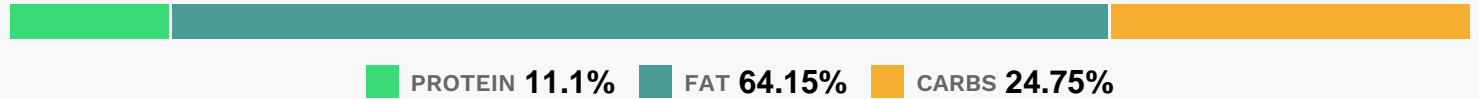
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- spatula

Directions

- Melt butter in heavy medium saucepan over medium heat.
- Add flour and whisk until mixture is smooth, about 1 minute.
- Whisk in milk and salt.
- Whisk until mixture thickens slightly, about 2 minutes. Gradually whisk in cheeses. Stir until mixture is smooth and begins to bubble, stirring, constantly, about 5 minutes. Cover and keep warm.
- Meanwhile, preheat oven to 400 degrees F. Line a cookie sheet with parchment paper.
- Place 1 layer of pastry shells on the prepared cookie sheet and brush with egg wash. Top with another hollowed out shell.
- Bake for 12 minutes, or until golden on top.
- Whisk eggs and milk in a large bowl to blend.
- Place a large nonstick skillet over medium heat.

- Add oil and butter to skillet. When the butter foams, add the egg mixture. Stir continuously with a rubber spatula until eggs are light and fluffy, about 2 minutes. Season, to taste, with salt and pepper.
- Remove tops and hollow out pastry shells. Divide scrambled eggs among pastries. Top each with 2 to 3 tablespoons of Mornay Sauce.
- Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:67.67, Glycemic Load:25.2, Inflammation Score:-6, Nutrition Score:18.381304251111%

Flavonoids

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: 767.13kcal (38.36%), Fat: 54.74g (84.22%), Saturated Fat: 19.12g (119.48%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 46.02g (16.73%), Sugar: 3.89g (4.32%), Cholesterol: 204.27mg (68.09%), Sodium: 814.12mg (35.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.63%), Selenium: 44.07µg (62.96%), Vitamin B2: 0.63mg (37.21%), Phosphorus: 344.74mg (34.47%), Calcium: 331.05mg (33.1%), Vitamin B1: 0.45mg (29.76%), Folate: 100.49µg (25.12%), Manganese: 0.49mg (24.65%), Vitamin B3: 4.17mg (20.83%), Vitamin B12: 1.24µg (20.68%), Vitamin K: 19.78µg (18.84%), Iron: 3.37mg (18.72%), Vitamin A: 732.95IU (14.66%), Zinc: 2.16mg (14.41%), Vitamin D: 1.59µg (10.62%), Vitamin B5: 1.02mg (10.17%), Magnesium: 36.78mg (9.19%), Vitamin E: 1.33mg (8.84%), Copper: 0.15mg (7.67%), Vitamin B6: 0.15mg (7.56%), Potassium: 233.52mg (6.67%), Fiber: 1.49g (5.94%)