



Extra-Moist Scrambled Eggs with Chives

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 6 eggs
- 1 tablespoon chives fresh chopped
- 0.5 cup milk
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

Equipment

- bowl

- frying pan
- whisk
- spatula

Directions

- In medium bowl, beat eggs, chives, salt and pepper with fork or wire whisk until well mixed.
- In 10-inch skillet, heat milk and butter over medium heat just until butter melts and liquid is steaming.
- Pour egg mixture into skillet.*
- As mixture heats, portions of eggs will begin to set. Gently push cooked portions with metal spatula to the outside edge of skillet. Avoid stirring constantly. As more egg sets, push it to the edge as well and stack it on top of the set egg mixture already there. Cook 5 to 6 minutes or until eggs are thickened throughout but still moist .

Nutrition Facts

PROTEIN 20.12% **FAT 75.67%** **CARBS 4.21%**

Properties

Glycemic Index:41.25, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:7.6521739486767%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 188.35kcal (9.42%), Fat: 15.78g (24.27%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.73g (1.92%), Cholesterol: 271.76mg (90.58%), Sodium: 318.2mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Selenium: 20.96µg (29.94%), Vitamin B2: 0.35mg (20.49%), Phosphorus: 164.54mg (16.45%), Vitamin A: 701.19IU (14.02%), Vitamin B12: 0.77µg (12.83%), Vitamin B5: 1.14mg (11.4%), Vitamin D: 1.66µg (11.04%), Folate: 32.13µg (8.03%), Calcium: 78.05mg (7.81%), Vitamin B6: 0.13mg (6.62%), Zinc: 0.99mg (6.61%), Iron: 1.18mg (6.54%), Vitamin E: 0.95mg (6.36%), Potassium: 142.43mg (4.07%), Magnesium: 12.22mg (3.05%), Vitamin B1: 0.04mg (2.98%), Vitamin K: 2.72µg (2.59%), Copper: 0.05mg (2.5%), Manganese: 0.03mg (1.54%)