



Extreme Veggie Scrambled Eggs



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 eggs
- ☐ 0.3 cup mushrooms fresh sliced
- ☐ 0.3 cup bell peppers green chopped
- ☐ 0.3 cup milk
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onions chopped
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.3 cup tomatoes fresh chopped

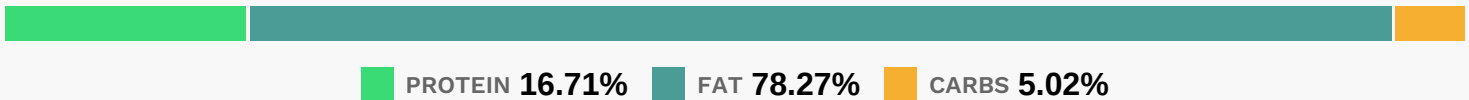
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Heat olive oil in a skillet or frying pan over medium-high heat.
- ☐ Add mushrooms, onions and peppers; saute until onions are transparent.
- ☐ In a mixing bowl, beat together eggs and milk.
- ☐ Add egg mixture to vegetables; stir in tomatoes. Cook until eggs are set. When eggs are almost done, mix in cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:6.6578261178473%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 173.7kcal (8.68%), Fat: 15.15g (23.31%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.86g (0.67%), Sugar: 1.34g (1.49%), Cholesterol: 169.61mg (56.54%), Sodium: 98.28mg (4.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Selenium: 15.44µg (22.06%), Vitamin B2: 0.26mg (15.1%), Phosphorus: 127.06mg (12.71%), Vitamin E: 1.86mg (12.38%), Vitamin B12: 0.5µg (8.3%), Vitamin B5: 0.81mg (8.12%), Vitamin C: 6.42mg (7.78%), Vitamin A: 376.07IU (7.52%), Calcium: 73.42mg (7.34%), Vitamin D: 1.03µg (6.85%), Vitamin K: 6.67µg (6.35%), Folate: 25.17µg (6.29%), Vitamin B6: 0.12mg (5.76%), Zinc: 0.83mg (5.55%), Iron: 0.9mg (5%), Potassium: 127.72mg (3.65%), Copper: 0.06mg (2.82%), Magnesium: 10.1mg (2.53%), Vitamin B1: 0.04mg (2.45%), Manganese: 0.04mg (1.92%), Fiber: 0.33g (1.33%), Vitamin B3: 0.26mg (1.32%)