



Farmers Market Scramble



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 24 large eggs
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons salt

- ☐ 1 large tomatoes drained chopped
- ☐ 0.3 cup whipping cream

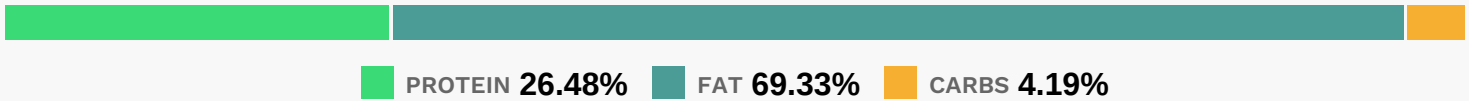
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together first 6 ingredients in a large bowl.
- ☐ Melt 2 Tbsp. butter in a large nonstick skillet over medium heat; add half of egg mixture, and cook, without stirring, until eggs begin to set on bottom. Draw a spatula across bottom of skillet to form large curds. Cook until eggs are thickened but still moist. (Do not stir constantly.) Stir in half of tomato.
- ☐ Remove from heat, and transfer to a warm platter. Repeat procedure with remaining butter, egg mixture, and tomato.
- ☐ Sprinkle whole platter of eggs with chives and parsley; serve hot.

Nutrition Facts



Properties

Glycemic Index:19.58, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:11.913043452346%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 203.61kcal (10.18%), Fat: 15.51g (23.87%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.44g (1.6%), Cholesterol: 388.99mg (129.66%), Sodium: 474.21mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Selenium: 31.11µg (44.44%), Vitamin B2: 0.49mg (28.68%), Vitamin K: 25.03µg (23.83%), Phosphorus: 217.44mg (21.74%), Vitamin A: 1028.27IU (20.57%), Vitamin B5: 1.61mg (16.12%), Vitamin B12: 0.96µg (16.01%), Vitamin D: 2.19µg (14.61%), Folate: 52.71µg (13.18%), Iron: 1.9mg (10.57%), Vitamin B6: 0.19mg (9.67%), Zinc: 1.4mg (9.3%), Vitamin E: 1.31mg (8.7%), Calcium: 77.74mg (7.77%), Potassium: 206.66mg (5.9%), Vitamin C: 4.54mg (5.5%), Copper: 0.09mg (4.33%), Magnesium: 16.58mg (4.15%), Vitamin B1: 0.05mg (3.64%), Manganese: 0.06mg (3.17%), Fiber: 0.27g (1.09%), Vitamin B3: 0.21mg (1.03%)