



## Festive Scrambled Eggs

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 large eggs
- 1.5 cups milk 2% divided
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons pimientos diced
- 2 tablespoons parsley fresh minced
- 2 tablespoons flour all-purpose
- 0.3 cup butter cubed

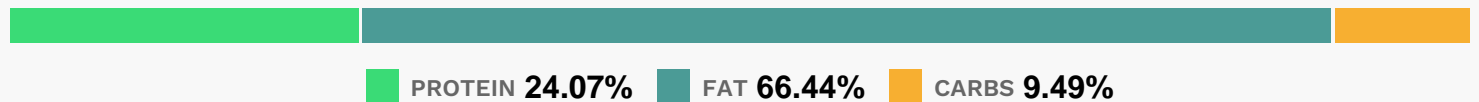
# Equipment

- bowl
- frying pan

# Directions

- In a large bowl, beat eggs and 1 cup milk.
- Add the salt, pepper, pimientos and parsley. In a small bowl, combine flour and remaining 1/2 cup milk until smooth; stir into egg mixture. In a large cast-iron or other heavy skillet, melt butter over medium heat.
- Add egg mixture. Cook and stir over medium heat until the eggs are completely set.

# Nutrition Facts



# Properties

Glycemic Index:39, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:13.449130426282%

# Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

# Nutrients (% of daily need)

Calories: 251.51kcal (12.58%), Fat: 18.41g (28.32%), Saturated Fat: 8.74g (54.64%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.67g (2.06%), Sugar: 3.55g (3.94%), Cholesterol: 397.06mg (132.35%), Sodium: 426mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Selenium: 33.13µg (47.33%), Vitamin B2: 0.59mg (34.52%), Phosphorus: 259.2mg (25.92%), Vitamin K: 23.6µg (22.48%), Vitamin A: 1082.07IU (21.64%), Vitamin B12: 1.22µg (20.31%), Vitamin B5: 1.77mg (17.71%), Folate: 57.2µg (14.3%), Vitamin D: 2µg (13.33%), Calcium: 132.12mg (13.21%), Iron: 2.08mg (11.53%), Zinc: 1.63mg (10.84%), Vitamin B6: 0.21mg (10.42%), Vitamin E: 1.34mg (8.94%), Vitamin C: 7.09mg (8.6%), Potassium: 243.73mg (6.96%), Vitamin B1: 0.09mg (5.69%), Magnesium: 20.39mg (5.1%), Copper: 0.09mg (4.27%), Manganese: 0.07mg (3.56%), Vitamin B3: 0.34mg (1.68%)