



Feta Eggs

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 4 eggs beaten
- 2 tablespoons feta cheese crumbled
- 0.3 cup onion chopped
- 4 servings salt and pepper to taste
- 0.3 cup tomatoes chopped

Equipment

- frying pan

Directions

- Melt butter in a skillet over medium heat.
- Saute onions until translucent.
- Pour in eggs. Cook, stirring occasionally to scramble. When eggs appear almost done, stir in chopped tomatoes and feta cheese, and season with salt and pepper. Cook until cheese is melted.

Nutrition Facts

PROTEIN 24.13% **FAT 69.14%** **CARBS 6.73%**

Properties

Glycemic Index:35.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:5.8273913056954%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 116.22kcal (5.81%), Fat: 8.88g (13.66%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.83g (0.93%), Cholesterol: 178.77mg (59.59%), Sodium: 376.54mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Selenium: 14.87µg (21.24%), Vitamin B2: 0.28mg (16.38%), Phosphorus: 121.74mg (12.17%), Vitamin B12: 0.54µg (9.02%), Vitamin A: 438.71IU (8.77%), Vitamin B5: 0.78mg (7.81%), Calcium: 70.74mg (7.07%), Folate: 26.8µg (6.7%), Vitamin B6: 0.13mg (6.52%), Vitamin D: 0.91µg (6.09%), Zinc: 0.85mg (5.66%), Iron: 0.87mg (4.85%), Vitamin E: 0.61mg (4.07%), Potassium: 103.54mg (2.96%), Vitamin B1: 0.04mg (2.59%), Vitamin C: 2.02mg (2.44%), Magnesium: 8.99mg (2.25%), Copper: 0.04mg (2.2%), Manganese: 0.04mg (1.94%), Vitamin K: 1.31µg (1.24%), Fiber: 0.28g (1.13%)