



Fresh Tomato Parmesan Scramble

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 serving pepper black freshly ground to taste
- 1 eggs
- 1 serving garlic salt to taste
- 1 teaspoon parmesan cheese grated
- 1 small tomatoes chopped
- 2 teaspoons water

Equipment

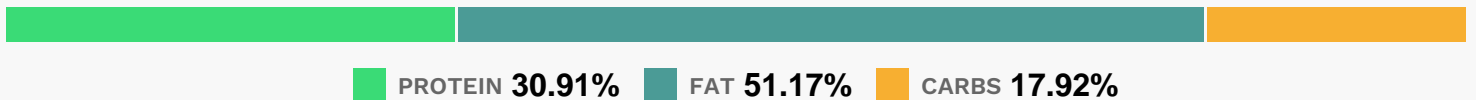
- bowl

- frying pan
- whisk
- wooden spoon
- spatula

Directions

- Prepare a skillet with cooking spray and place over medium heat.
- Put the chopped tomato in the hot skillet; season with garlic salt and pepper.
- Whisk the egg, water, and Parmesan cheese together in a small bowl; add to the skillet. Reduce heat to medium–low. When the eggs have begun to set at the edges, use spatula or wooden spoon to scrape the eggs from the edge of the pan to the center, forming large soft curds. Continue scraping your spoon along the bottom of the pan to redistribute the eggs as they cook.
- Cook until the eggs are set but still slightly moist, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:8.3239130766495%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 100.3kcal (5.02%), Fat: 5.75g (8.85%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.56g (2.84%), Cholesterol: 167.97mg (55.99%), Sodium: 347.6mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Selenium: 15.24µg (21.77%), Vitamin A: 1038.81IU (20.78%), Vitamin C: 12.47mg (15.11%), Phosphorus: 140.37mg (14.04%), Vitamin B2: 0.24mg (13.86%), Folate: 34.64µg (8.66%), Potassium: 286.83mg (8.2%), Calcium: 78.17mg (7.82%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.46µg (7.64%), Vitamin B6: 0.15mg (7.59%), Vitamin K: 7.57µg (7.21%), Manganese: 0.13mg (6.68%), Vitamin E: 0.98mg (6.53%), Zinc: 0.94mg (6.26%), Vitamin D: 0.9µg (6.03%), Iron: 1.05mg (5.83%), Copper: 0.09mg (4.52%), Fiber: 1.12g (4.47%), Magnesium: 17.29mg (4.32%), Vitamin B1: 0.05mg (3.51%), Vitamin B3: 0.58mg (2.89%)