



## Garlic-Cilantro Scrambled Eggs

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**2**

CALORIES



**242 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon butter
- 4 large eggs
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 0.3 cup milk
- 1.5 teaspoons parmesan cheese freshly grated
- 2 servings salt and pepper to taste
- 1 tablespoon cream sour

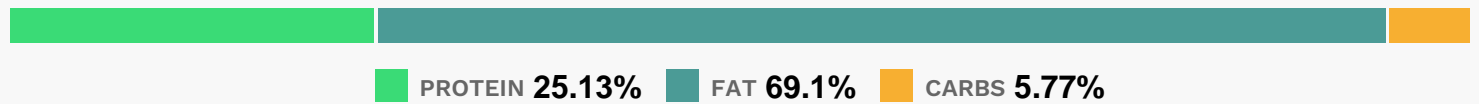
## Equipment

- frying pan
- whisk

## Directions

- Whisk together eggs, sour cream, milk, and garlic until smooth; add cilantro and season to taste with salt and pepper.
- Melt butter in a nonstick skillet over medium heat.
- Pour in egg mixture and cook to desired degree of doneness, stirring constantly.
- Sprinkle with Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:11.922608524561%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 241.63kcal (12.08%), Fat: 18.38g (28.28%), Saturated Fat: 8.48g (52.97%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.08g (2.31%), Cholesterol: 397.47mg (132.49%), Sodium: 460.12mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Selenium: 33.1µg (47.28%), Vitamin B2: 0.53mg (31.13%), Phosphorus: 261.74mg (26.17%), Vitamin A: 968.79IU (19.38%), Vitamin B12: 1.13µg (18.82%), Vitamin B5: 1.71mg (17.07%), Vitamin D: 2.35µg (15.69%), Calcium: 138.11mg (13.81%), Folate: 49.08µg (12.27%), Zinc: 1.63mg (10.86%), Vitamin B6: 0.22mg (10.79%), Iron: 1.83mg (10.19%), Vitamin E: 1.32mg (8.8%), Vitamin K: 7.26µg (6.91%), Potassium: 216.21mg (6.18%), Magnesium: 18.59mg (4.65%), Vitamin B1: 0.06mg (4.26%), Copper: 0.08mg (4.2%), Manganese: 0.07mg (3.36%), Vitamin C: 1.06mg (1.29%)