



Gentlemen's relish & scrambled eggs

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 25 g butter softened for the eggs
- ☐ 2 tsp gentleman's relish
- ☐ 4 eggs
- ☐ 4 slices wholemeal bread toasted
- ☐ 1 tsp flatleaf parsley chopped

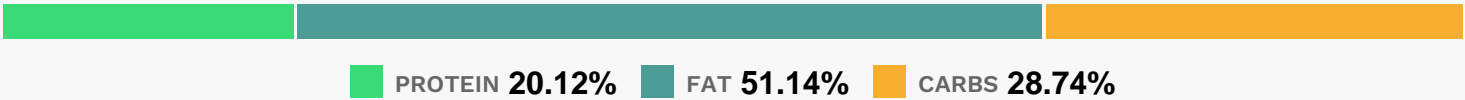
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐
- Beat the butter and Gentlemans Relish together with a wooden spoon until well blended. Beat the eggs lightly and season with pepper, but no salt. Melt a knob of butter in a pan and tip in the eggs.
- ☐
- Let them cook for a few seconds, then stir, still over the heat, until creamily scrambled.
- ☐
- When the eggs are just not quite done, take them off the heat and stir in another generous knob of butter. (This is a useful trick if youre making scrambled eggs for breakfast too: adding extra butter, or a tablespoonful of cream, brings the temperature down and means the eggs wont overcook on the way to the table.) Butter the toast with the Gentlemans Relish-flavoured butter, and top with the eggs.
- ☐
- Cut into fingers, sprinkle over a little parsley and serve straight away.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:2.9352173968826%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 60.38kcal (3.02%), Fat: 3.42g (5.26%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.47g (0.52%), Cholesterol: 59.04mg (19.68%), Sodium: 85.32mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Manganese: 0.2mg (10.18%), Selenium: 6.93µg (9.9%), Phosphorus: 49.66mg (4.97%), Vitamin B2: 0.08mg (4.92%), Vitamin B5: 0.29mg (2.91%), Vitamin B1: 0.04mg (2.85%), Iron: 0.51mg (2.82%), Folate: 10.9µg (2.72%), Vitamin A: 133.64IU (2.67%), Calcium: 23.98mg (2.4%), Zinc: 0.36mg (2.38%), Fiber: 0.57g (2.29%), Magnesium: 9.15mg (2.29%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.13µg (2.23%), Vitamin B3: 0.43mg (2.15%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.25mg (1.69%), Copper: 0.03mg (1.62%), Potassium: 44.77mg (1.28%)