



Gluten-Free Home Style Scrambled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



4

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 eggs
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons water
- ☐ 0.3 cup butter
- ☐ 1 cup hash browns diced refrigerated frozen with onions or hash brown potatoes
- ☐ 1 cup zucchini chopped
- ☐ 0.8 cup tomatoes seeded chopped

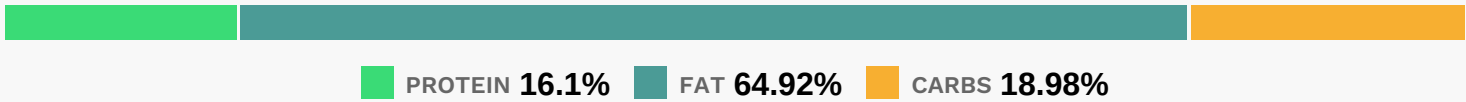
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Beat eggs, salt and water.
- ☐ Melt butter in 10-inch skillet over medium heat. Cook potatoes, zucchini and tomato in butter, stirring occasionally, until hot.
- ☐ Pour egg mixture over vegetable mixture. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Do not stir. Cook 3 to 5 minutes or until eggs are thickened throughout but still moist.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.04, Inflammation Score:-6, Nutrition Score:10.814347889112%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 249.74kcal (12.49%), Fat: 18.18g (27.97%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 10.58g (3.85%), Sugar: 1.75g (1.95%), Cholesterol: 245.52mg (81.84%), Sodium: 679.53mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Selenium: 20.48µg (29.26%), Vitamin A: 1158.61IU (23.17%), Vitamin B2: 0.35mg (20.51%), Phosphorus: 177.1mg (17.71%), Vitamin C: 13.71mg (16.62%), Vitamin B5: 1.28mg (12.81%), Vitamin B6: 0.23mg (11.6%), Potassium: 393.88mg (11.25%), Folate: 44.89µg (11.22%), Iron: 1.86mg (10.35%), Vitamin B12: 0.6µg (10.03%), Manganese: 0.18mg (9.15%), Vitamin E: 1.32mg (8.81%), Vitamin D: 1.32µg (8.8%), Zinc: 1.11mg (7.4%), Vitamin B1: 0.1mg (6.87%), Copper: 0.13mg (6.73%), Vitamin B3: 1.23mg (6.16%), Magnesium: 22.9mg (5.72%), Fiber: 1.38g (5.52%), Calcium: 54.83mg (5.48%), Vitamin K: 3.74µg (3.56%)