



Greek Scrambled Eggs



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 servings salt and pepper to taste
- ☐ 1 teaspoon water

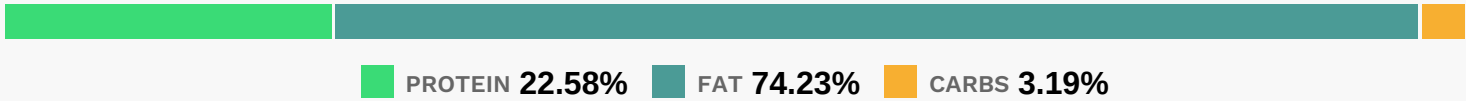
Equipment

- ☐ frying pan

Directions

- ☐
- Heat butter in a skillet over medium-high heat. Beat eggs and water together, then pour into pan.
- ☐
- Add feta cheese, and cook, stirring occasionally to scramble. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:10.941739248193%

Nutrients (% of daily need)

Calories: 243.95kcal (12.2%), Fat: 20.02g (30.79%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.25g (0.28%), Cholesterol: 293.95mg (97.98%), Sodium: 760.15mg (33.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Selenium: 25.96µg (37.08%), Vitamin B2: 0.62mg (36.5%), Phosphorus: 258.73mg (25.87%), Calcium: 223.71mg (22.37%), Vitamin B12: 1.23µg (20.55%), Vitamin B5: 1.38mg (13.82%), Vitamin A: 689.58IU (13.79%), Vitamin B6: 0.27mg (13.57%), Zinc: 1.94mg (12.92%), Folate: 43.23µg (10.81%), Vitamin D: 1.47µg (9.8%), Iron: 1.4mg (7.79%), Vitamin E: 0.92mg (6.15%), Vitamin B1: 0.08mg (5.63%), Magnesium: 15.22mg (3.8%), Potassium: 116.05mg (3.32%), Copper: 0.06mg (3%), Vitamin B3: 0.42mg (2.12%), Manganese: 0.03mg (1.47%), Vitamin K: 1.36µg (1.3%)