



Ham and Vegetable Scrambled Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 eggs
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 tablespoons butter
- ☐ 0.5 cup finely-chopped ham cooked finely chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup cheddar cheese shredded

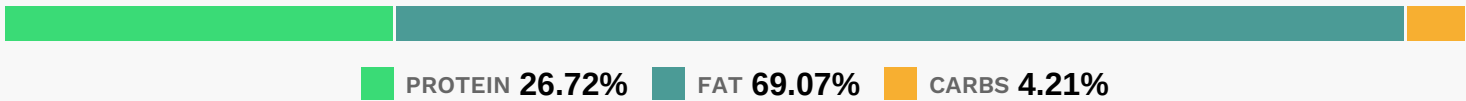
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, combine eggs, milk and garlic salt; beat well. Set aside.
- ☐ Melt margarine in large skillet over medium heat.
- ☐ Add ham, bell pepper and onion; cook and stir 2 to 4 minutes or until vegetables are crisp-tender.
- ☐ Pour egg mixture over ham mixture in skillet. Cook until eggs are set but slightly moist, stirring occasionally from outside edge to center of pan.
- ☐ Remove from heat.
- ☐ Sprinkle with cheese. Cover; let stand 1 minute or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:12.788260926371%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 20.15g (31%), Saturated Fat: 7.02g (43.9%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.38g (1.53%), Cholesterol: 352.7mg (117.57%), Sodium: 740.71mg (32.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.08%), Selenium: 34µg (48.58%), Vitamin B2: 0.52mg (30.37%), Phosphorus: 294.13mg (29.41%), Vitamin B12: 1.18µg (19.66%), Vitamin A: 913.93IU (18.28%), Calcium: 164.73mg (16.47%), Vitamin B5: 1.59mg (15.86%), Vitamin C: 11.53mg (13.98%), Zinc: 2.03mg (13.53%), Vitamin D: 1.93µg (12.85%), Folate: 47.65µg (11.91%), Vitamin B6: 0.23mg (11.68%), Iron: 1.74mg (9.65%), Vitamin B1: 0.13mg (8.6%), Vitamin E: 1.29mg (8.58%), Potassium: 217.15mg (6.2%), Magnesium: 20.39mg (5.1%), Copper: 0.09mg

(4.72%), Vitamin B3: 0.64mg (3.2%), Manganese: 0.06mg (2.9%), Fiber: 0.33g (1.31%), Vitamin K: 1.35µg (1.29%)