



Healthy & Delicious: Scallion Scrambled Eggs with Cumin



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 eggs
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 6 kalamata olives pitted sliced
- ☐ 3 servings pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 6 spring onion white green separated

☐ 1 small tomatoes halved seeded sliced thin

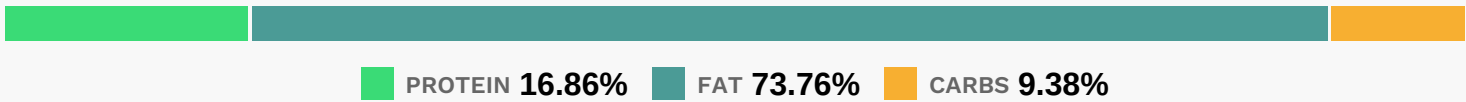
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Chop green parts of scallion. Slice white parts lengthwise, then chop small. Set aside.
- ☐ Heat olive oil in a large nonstick skillet over low heat.
- ☐ Meanwhile, in a medium bowl, whisk eggs, egg whites, cumin, salt, and pepper together.
- ☐ Add scallions and garlic and stir.
- ☐ Add to pan and scramble slowly, to desired doneness.
- ☐ Plate, top with tomato and olives, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:11.578260815662%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 196.87kcal (9.84%), Fat: 16.4g (25.24%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.65g (1.84%), Cholesterol: 218.24mg (72.75%), Sodium: 215.13mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Vitamin K: 58.22µg (55.44%), Selenium: 18.55µg (26.5%), Vitamin B2: 0.3mg (17.54%), Vitamin E: 2.59mg (17.24%), Vitamin A: 849.39IU (16.99%), Phosphorus: 139.18mg (13.92%), Folate: 47.87µg (11.97%), Iron: 2.04mg (11.34%), Vitamin C: 9.34mg (11.32%), Vitamin B5: 0.96mg

(9.6%), Vitamin B12: 0.52µg (8.7%), Vitamin B6: 0.17mg (8.46%), Manganese: 0.16mg (7.89%), Vitamin D: 1.17µg (7.82%), Potassium: 243.81mg (6.97%), Calcium: 67.69mg (6.77%), Zinc: 0.96mg (6.41%), Fiber: 1.39g (5.56%), Copper: 0.1mg (5.14%), Magnesium: 19.17mg (4.79%), Vitamin B1: 0.06mg (3.86%), Vitamin B3: 0.41mg (2.07%)