

Hearty Scrambled Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 0.8 cup cheddar cheese diced
- 1.3 cups finely-chopped ham diced fully cooked
- 8 eggs
- 0.5 cup mushrooms fresh chopped
- 0.3 cup onion chopped

Equipment

- bowl

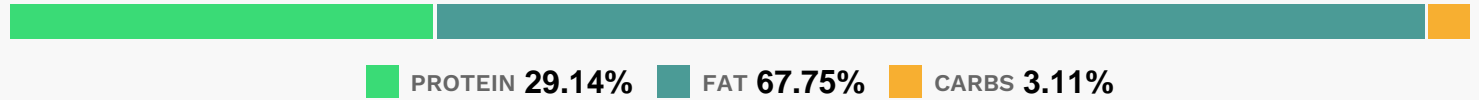
frying pan

Directions

In a bowl, beat eggs.

Add ham, cheese, mushrooms and onion. Melt butter in a skillet; add egg mixture. Cook and stir over medium heat until eggs are completely set and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:15.613912981489%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 321.73kcal (16.09%), Fat: 23.99g (36.91%), Saturated Fat: 11.03g (68.95%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.06g (1.18%), Cholesterol: 389.38mg (129.79%), Sodium: 717.4mg (31.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.44%), Selenium: 41.24µg (58.91%), Phosphorus: 389.29mg (38.93%), Vitamin B2: 0.63mg (37.23%), Vitamin B12: 1.52µg (25.37%), Calcium: 205.53mg (20.55%), Vitamin B5: 1.94mg (19.44%), Zinc: 2.79mg (18.57%), Vitamin A: 862.63IU (17.25%), Vitamin B1: 0.24mg (16.21%), Vitamin B6: 0.28mg (13.97%), Folate: 51.02µg (12.75%), Vitamin D: 1.91µg (12.74%), Vitamin C: 9.22mg (11.18%), Iron: 1.96mg (10.87%), Vitamin B3: 1.78mg (8.9%), Potassium: 291.42mg (8.33%), Vitamin E: 1.25mg (8.32%), Copper: 0.15mg (7.63%), Magnesium: 25.92mg (6.48%), Manganese: 0.06mg (3.09%), Vitamin K: 1.3µg (1.24%), Fiber: 0.29g (1.16%)