



Italian Egg and Pasta Scramble

READY IN



30 min.

SERVINGS



4

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 asparagus stalks trimmed thin
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 10 large eggs
- ☐ 2 tablespoons basil leaves fresh thinly sliced
- ☐ 2 ounces mozzarella cheese smoked cut into 1/2-inch cubes
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup orzo pasta
- ☐ 4 ounces pancetta coarsely chopped

☐ 0.5 teaspoon salt

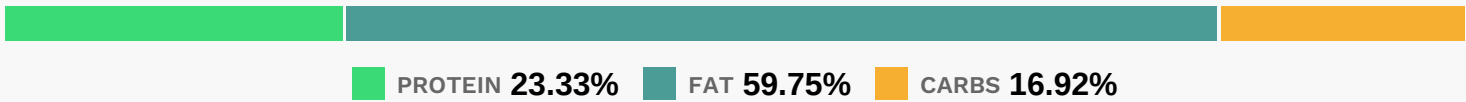
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add the orzo and cook until al dente, stirring occasionally, about 5 minutes.
- ☐ Drain the orzo.
- ☐ Whisk the eggs, salt, and pepper in a medium bowl to blend. Stir in the cheese and basil. Set aside.
- ☐ Melt the butter in a large nonstick skillet over medium heat.
- ☐ Add the pancetta and saute until crisp and golden, about 5 minutes.
- ☐ Add the onion and saute until tender, about 2 minutes.
- ☐ Add the asparagus and saute until crisp-tender, about 2 minutes.
- ☐ Add the orzo and stir to coat.
- ☐ Add the egg mixture. Using a rubber spatula, stir the mixture until the eggs are softly set, about 4 minutes.
- ☐ Transfer the egg mixture to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:6.33, Inflammation Score:-6, Nutrition Score:20.113043163134%

Flavonoids

Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 449.09kcal (22.45%), Fat: 29.5g (45.38%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 17.13g (6.23%), Sugar: 2.56g (2.85%), Cholesterol: 502.43mg (167.48%), Sodium: 769.87mg (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.83%), Selenium: 59.21µg (84.59%), Vitamin B2: 0.7mg (41.07%), Phosphorus: 397.98mg (39.8%), Vitamin B12: 1.58µg (26.39%), Vitamin A: 1164.53IU (23.29%), Vitamin B5: 2.29mg (22.94%), Folate: 84.36µg (21.09%), Zinc: 2.85mg (18.97%), Iron: 3.38mg (18.8%), Vitamin B6: 0.37mg (18.75%), Vitamin K: 18.71µg (17.82%), Vitamin D: 2.67µg (17.8%), Calcium: 162.56mg (16.26%), Manganese: 0.32mg (15.94%), Vitamin B1: 0.2mg (13.67%), Vitamin E: 1.94mg (12.92%), Copper: 0.23mg (11.58%), Potassium: 380.57mg (10.87%), Magnesium: 38.59mg (9.65%), Vitamin B3: 1.92mg (9.58%), Fiber: 1.66g (6.64%), Vitamin C: 3.45mg (4.18%)