



Jim's Microwave Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



2

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs
- 3 teaspoons milk
- 2 servings onion diced
- 2 servings salt and pepper

Equipment

- microwave

Directions

- Beat eggs well.
- Add milk, salt and pepper.Stir in diced onion.
- Place in microwave save dish and cook on high for 2 minutes.Stop and stir.Cook 1 1/2-2 minutes longer on high.

Nutrition Facts

PROTEIN 31.79% **FAT 51.91%** **CARBS 16.3%**

Properties

Glycemic Index:32.5, Glycemic Load:1.27, Inflammation Score:-4, Nutrition Score:9.6891303541868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 152.34kcal (7.62%), Fat: 8.66g (13.33%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.02g (3.35%), Cholesterol: 328.26mg (109.42%), Sodium: 323.8mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Selenium: 27.43µg (39.19%), Vitamin B2: 0.43mg (25.14%), Phosphorus: 197.76mg (19.78%), Vitamin B5: 1.44mg (14.45%), Vitamin B12: 0.82µg (13.73%), Folate: 51.81µg (12.95%), Vitamin D: 1.84µg (12.28%), Vitamin B6: 0.22mg (11.01%), Vitamin A: 488.45IU (9.77%), Iron: 1.66mg (9.21%), Zinc: 1.26mg (8.4%), Calcium: 71.28mg (7.13%), Vitamin E: 0.94mg (6.26%), Potassium: 213.03mg (6.09%), Vitamin C: 4.07mg (4.93%), Manganese: 0.1mg (4.82%), Vitamin B1: 0.06mg (4.31%), Copper: 0.09mg (4.25%), Magnesium: 16.97mg (4.24%), Fiber: 0.94g (3.74%)