



Kentucky Farmhouse Scramble

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounces country ham diced boneless
- ☐ 12 large eggs well
- ☐ 4 ounces jarlsberg cheese grated recommended: Kenny's Country
- ☐ 0.5 cup roasted peppers diced red
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon vegetable oil

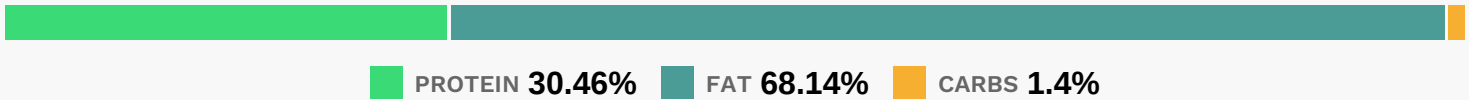
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat a nonstick 12-inch saute pan over medium heat.
- ☐ Add butter and oil and swirl around the pan until melted.
- ☐ Add the country ham and saute until it begins to brown, about 3 minutes. Turn heat to low. Stir in roasted red peppers and beaten eggs. After the eggs begin to set, stir slowly from edge to edge with a heat-resistant rubber spatula until large curds form. This will take 5 minutes or so. When eggs are still moist and slightly runny, fold in the grated cheese and season with salt and pepper.
- ☐ Remove the pan from the heat and serve with fried green tomatoes and buttermilk biscuits with sorghum butter.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:21.436956708846%

Nutrients (% of daily need)

Calories: 511.79kcal (25.59%), Fat: 38.16g (58.71%), Saturated Fat: 15.47g (96.71%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.55g (0.57%), Sugar: 0.56g (0.62%), Cholesterol: 620.93mg (206.98%), Sodium: 1524.14mg (66.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.77%), Selenium: 59.01µg (84.3%), Vitamin B2: 0.82mg (48.07%), Phosphorus: 422.68mg (42.27%), Calcium: 298.52mg (29.85%), Vitamin B12: 1.7µg (28.4%), Vitamin B1: 0.41mg (27.02%), Vitamin B5: 2.57mg (25.69%), Vitamin B6: 0.5mg (25.09%), Vitamin A: 1190.96IU (23.82%), Vitamin D: 3.4µg (22.65%), Zinc: 3.29mg (21.9%), Folate: 75.11µg (18.78%), Iron: 3.26mg (18.12%), Vitamin E: 2.14mg (14.26%), Vitamin B3: 2.74mg (13.7%), Potassium: 395.59mg (11.3%), Vitamin C: 8.14mg (9.86%), Copper: 0.18mg (8.9%), Magnesium: 30.77mg (7.69%), Vitamin K: 6.95µg (6.62%), Manganese: 0.08mg (3.92%)