



L.E.O. Scramble

READY IN



11 min.

SERVINGS



4

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 4 large egg whites
- 6 large eggs
- 0.3 cup green onions sliced
- 0.3 cup cream cheese cut into 12 pieces reduced-fat
- 4.4 ounce pumpernickel bread toasted
- 4 ounces salmon smoked cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Place eggs and egg whites in a bowl; stir with a whisk until blended.
- Heat a medium nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add green onions to pan; saut 2 minutes or until tender.
- Add egg mixture to pan. Cook without stirring until mixture sets on bottom. Draw a spatula across bottom of pan to form curds.
- Add salmon and cream cheese. Continue drawing spatula across bottom of pan until egg mixture is slightly thick but still moist; do not stir constantly.
- Remove from pan immediately.
- Sprinkle egg mixture with pepper.
- Serve with pumpernickel toast.
- Lighten UP
- Less is More
- In my lighter version of this New York favorite, I simply substitute egg whites for some of the whole eggs and reduced-fat cream cheese for the full-fat variety.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:7.3, Inflammation Score:-5, Nutrition Score:18.126521872438%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 277.51kcal (13.88%), Fat: 12.69g (19.53%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 15.23g (5.54%), Sugar: 1.75g (1.94%), Cholesterol: 293.62mg (97.87%), Sodium: 624.61mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Selenium: 47.11µg (67.3%), Vitamin D: 6.39µg (42.62%), Vitamin B2: 0.65mg (38%), Vitamin B12: 1.76µg (29.32%), Phosphorus: 281.53mg (28.15%), Manganese: 0.47mg (23.37%), Folate: 74.34µg (18.59%), Vitamin K: 18.84µg (17.94%), Vitamin B5: 1.72mg (17.2%), Iron: 2.64mg (14.64%), Vitamin B6: 0.26mg (12.97%), Vitamin B3: 2.46mg (12.28%), Vitamin A: 596.23IU (11.92%), Copper: 0.23mg (11.48%), Zinc: 1.65mg (10.98%), Vitamin E: 1.56mg (10.43%), Vitamin B1: 0.15mg (10.04%), Calcium: 97.39mg (9.74%), Potassium: 333.48mg (9.53%), Magnesium: 37.65mg (9.41%), Fiber: 2.28g (9.1%), Vitamin C: 1.57mg (1.9%)