



Lobster Scrambled Eggs



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 4 eggs
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 4 ounces live maine lobsters cooked cut into bite-sized pieces

Equipment

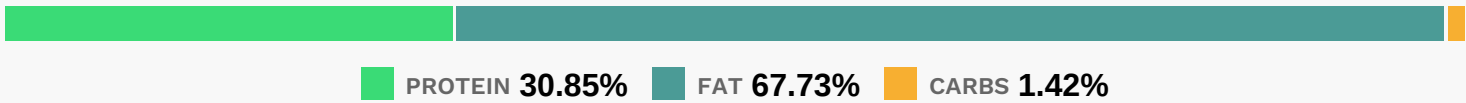
- ☐ bowl

☐ frying pan

Directions

- ☐ Beat eggs and tarragon in a small bowl. Set aside.
- ☐ Sprinkle lobster pieces with cayenne pepper.
- ☐ Melt butter in nonstick pan over medium–low heat.
- ☐ Add lobster; cook, stirring, until warmed through, 2 to 4 minutes. Stir in egg mixture; increase heat to medium and scramble eggs, stirring constantly, until nearly set, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:16.025652028944%

Nutrients (% of daily need)

Calories: 271.64kcal (13.58%), Fat: 20.19g (31.07%), Saturated Fat: 10.06g (62.9%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.34g (0.38%), Cholesterol: 429.47mg (143.16%), Sodium: 455.15mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.4%), Selenium: 63.25µg (90.35%), Copper: 0.83mg (41.62%), Phosphorus: 270.68mg (27.07%), Vitamin B12: 1.52µg (25.26%), Vitamin B2: 0.42mg (24.83%), Vitamin B5: 2.19mg (21.87%), Zinc: 3.17mg (21.14%), Vitamin A: 869.41IU (17.39%), Folate: 48.88µg (12.22%), Vitamin D: 1.76µg (11.73%), Vitamin E: 1.76mg (11.72%), Vitamin B6: 0.22mg (11.12%), Calcium: 106.26mg (10.63%), Iron: 1.86mg (10.34%), Magnesium: 34.28mg (8.57%), Potassium: 254.97mg (7.28%), Manganese: 0.1mg (5.18%), Vitamin B3: 1.02mg (5.12%), Vitamin B1: 0.05mg (3.25%), Vitamin K: 1.37µg (1.3%)