



## Mediterranean Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 4 eggs fat-free
- 1 tablespoon basil dried fresh chopped
- 0.3 cup spring onion chopped
- 2 servings pepper freshly ground
- 0.8 cup tomatoes chopped
- 1 teaspoon vegetable oil

### Equipment

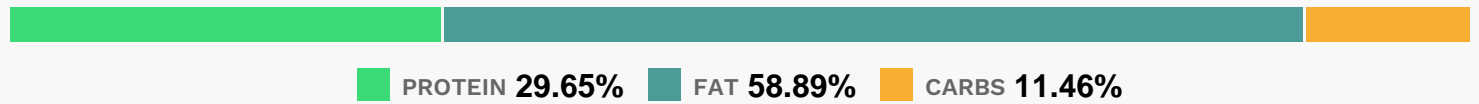
- frying pan

- whisk
- spatula

## Directions

- Heat oil in 8-inch nonstick skillet over medium heat. Cook onions in oil 2 minutes, stirring occasionally. Stir in tomato and basil. Cook about 1 minute, stirring occasionally, until tomato is heated through.
- Beat eggs thoroughly with fork or wire whisk; pour over tomato mixture.
- As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Sprinkle with pepper.

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:15.601739095605%

## Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 164.7kcal (8.23%), Fat: 10.84g (16.68%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.12g (2.36%), Cholesterol: 327.36mg (109.12%), Sodium: 131.29mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Vitamin K: 69.14µg (65.85%), Selenium: 27.16µg (38.79%), Vitamin B2: 0.45mg (26.29%), Vitamin A: 1080.69IU (21.61%), Iron: 3.68mg (20.46%), Phosphorus: 197.91mg (19.79%), Folate: 63.96µg (15.99%), Manganese: 0.32mg (15.85%), Vitamin B5: 1.43mg (14.26%), Vitamin B12: 0.78µg (13.05%), Vitamin C: 10.02mg (12.15%), Vitamin D: 1.76µg (11.73%), Vitamin B6: 0.23mg (11.45%), Vitamin E: 1.69mg (11.29%), Calcium: 109.11mg (10.91%), Potassium: 342.29mg (9.78%), Zinc: 1.42mg (9.48%), Magnesium: 33.6mg (8.4%), Copper: 0.15mg (7.5%), Fiber: 1.77g (7.1%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.56mg (2.81%)