



Mediterranean Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



165 kcal

SIDE DISH

Ingredients

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

Equipment

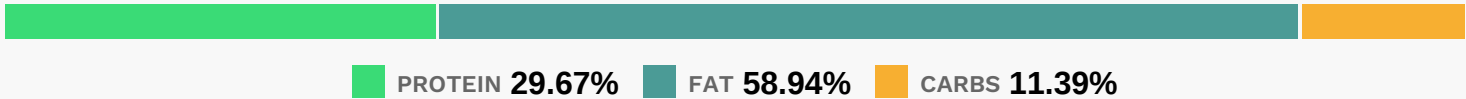
- ☐ frying pan

- ☐ 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:15.576086915058%

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: 164.57kcal (8.23%), Fat: 10.84g (16.67%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.12g (2.36%), Cholesterol: 327.36mg (109.12%), Sodium: 131.28mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.55%), Vitamin K: 69.06µg (65.77%), Selenium: 27.15µg (38.79%), Vitamin B2: 0.45mg (26.29%), Vitamin A: 1080.42IU (21.61%), Iron: 3.68mg (20.43%), Phosphorus: 197.83mg (19.78%), Folate: 63.95µg (15.99%), Manganese: 0.31mg (15.54%), 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 (11.44%), Vitamin E: 1.69mg (11.29%), Calcium: 108.89mg (10.89%), Potassium: 341.63mg (9.76%), Zinc: 1.42mg (9.48%), Magnesium: 33.51mg (8.38%), Copper: 0.15mg (7.47%), Fiber: 1.76g (7.05%), Vitamin B1: 0.06mg (4.29%), Vitamin B3: 0.56mg (2.81%)