

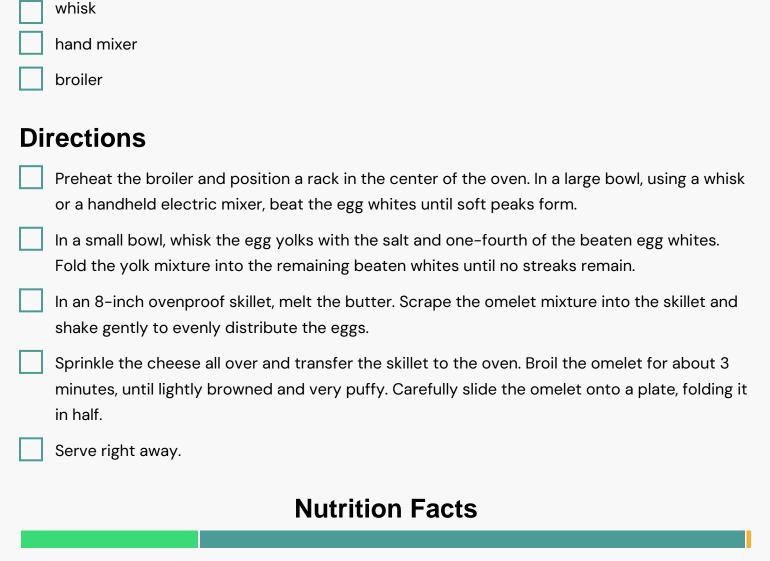


Ingredients

- 3 large eggs separated
- 0.5 cup gruyere cheese shredded
- 15 servings sea salt
- 1.5 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven



PROTEIN 24.45% 📕 FAT 74.71% 📒 CARBS 0.84%

Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-1, Nutrition Score:1.5756521715742%

Nutrients (% of daily need)

Calories: 42.51kcal (2.13%), Fat: 3.51g (5.4%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.05g (0.06%), Cholesterol: 45.05mg (15.02%), Sodium: 239.56mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Selenium: 3.72µg (5.32%), Calcium: 50.5mg (5.05%), Phosphorus: 46.76mg (4.68%), Vitamin B2: 0.06mg (3.44%), Vitamin B12: 0.16µg (2.7%), Vitamin A: 130.7IU (2.61%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.25µg (1.65%), Folate: 5.18µg (1.3%), Vitamin B6: 0.02mg (1.03%), Iron: 0.18mg (1.02%)