



Online Round 2 - Cheesy Hot Dog Scramble

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 reserved 1/ onion from corn salsa recipe diced
- ☐ 4 large eggs
- ☐ 2 reserved hot dogs from corn dogs recipe sliced into 1/ slices
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup cheddar shredded
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ frying pan

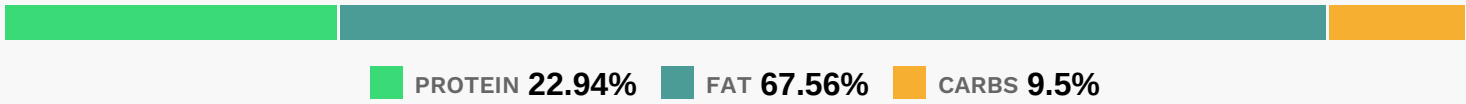
☐

whisk

Directions

- ☐ In a medium skillet over medium heat, add the butter. When it is melted, add the onions and cook until they begin to soften, about 5 minutes.
- ☐ Add the hot dogs and cook to heat them through.
- ☐ Whisk the eggs and season with salt and pepper. Lower the heat in the skillet, pour in the eggs, and sprinkle the cheese on top. Cook, stirring often, until the eggs are cooked to your liking.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:2.62, Inflammation Score:-5, Nutrition Score:16.438695755018%

Nutrients (% of daily need)

Calories: 420.81kcal (21.04%), Fat: 31.49g (48.44%), Saturated Fat: 14.5g (90.62%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 9.92g (3.61%), Sugar: 0.51g (0.57%), Cholesterol: 435.55mg (145.18%), Sodium: 635.35mg (27.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.11%), Selenium: 50.7µg (72.42%), Vitamin B2: 0.71mg (41.81%), Phosphorus: 374.54mg (37.45%), Calcium: 268.68mg (26.87%), Vitamin B12: 1.44µg (23.92%), Zinc: 3.25mg (21.66%), Vitamin A: 1001.17IU (20.02%), Vitamin B5: 1.9mg (19.01%), Folate: 75.44µg (18.86%), Iron: 2.87mg (15.96%), Vitamin D: 2.27µg (15.16%), Vitamin B6: 0.21mg (10.69%), Vitamin B1: 0.16mg (10.51%), Vitamin E: 1.43mg (9.51%), Vitamin B3: 1.78mg (8.92%), Potassium: 230.64mg (6.59%), Magnesium: 26.05mg (6.51%), Copper: 0.12mg (5.97%), Manganese: 0.09mg (4.37%), Vitamin K: 1.64µg (1.56%)