



Pepperoni and Cheese Scrambled Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 pound beef pepperoni peeled thinly sliced
- 0.8 cup cheddar cheese grated
- 6 large eggs
- 1 teaspoon grapeseed oil
- 4 servings kosher salt and pepper freshly ground
- 1 scallion light white green thinly sliced
- 2 tablespoons butter unsalted
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- paper towels
- whisk
- spatula

Directions

- Heat the grapeseed oil in a large nonstick skillet over medium-high heat.
- Add the pepperoni and fry, turning as needed, until crisp around the edges, about 1 minute.
- Transfer to paper towels to drain; pour off the fat and wipe out the skillet.
- Melt the butter in the skillet over medium heat.
- Whisk the eggs and milk in a bowl; add to the skillet and season with 1/2 teaspoon salt, and pepper to taste. Cook, running a rubber spatula around the edges and along the bottom to prevent the eggs from sticking, until almost set, 2 to 3 minutes; sprinkle with the cheese, pepperoni and scallion, then cover and remove from the heat to finish cooking, about 1 more minute.
- Photograph by Lisa Shin

Nutrition Facts

  
 **PROTEIN 23.87%**  **FAT 72.96%**  **CARBS 3.17%**

Properties

Glycemic Index:37.75, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:13.646521749704%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 343.99kcal (17.2%), Fat: 27.67g (42.56%), Saturated Fat: 12.85g (80.32%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.89g (2.1%), Cholesterol: 339.03mg (113.01%), Sodium: 470.69mg

(20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.74%), Selenium: 33.94µg (48.49%), Phosphorus: 323.93mg (32.39%), Vitamin B2: 0.52mg (30.88%), Vitamin B12: 1.68µg (27.92%), Calcium: 238.37mg (23.84%), Zinc: 3.07mg (20.49%), Vitamin A: 871.55IU (17.43%), Vitamin B5: 1.5mg (15.03%), Vitamin D: 2.1µg (13.97%), Vitamin B6: 0.25mg (12.72%), Folate: 43.81µg (10.95%), Iron: 1.94mg (10.8%), Vitamin E: 1.54mg (10.3%), Vitamin K: 8.04µg (7.65%), Potassium: 252.11mg (7.2%), Vitamin B3: 1.32mg (6.58%), Magnesium: 23.94mg (5.99%), Vitamin B1: 0.07mg (4.49%), Copper: 0.08mg (4.12%), Manganese: 0.03mg (1.64%)