



## Pepperoni and Cheese Scrambled Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 pound beef pepperoni peeled sliced
- 2 tablespoons butter
- 1 cup cheese white yellow grated
- 6 eggs
- 1 teaspoon grapeseed oil
- 0.8 cup milk
- 6 servings salt and pepper black freshly ground
- 2 tablespoons scallions white green sliced

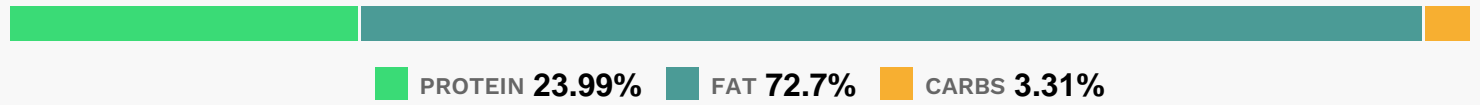
## Equipment

- frying pan
- paper towels
- whisk

## Directions

- Heat grapeseed oil over medium–high heat in a large skillet. Fry pepperoni, transfer to paper towels to drain, pour off fat and wipe out pan. Melt butter in pan over medium heat.
- Whisk together eggs and milk, add to pan, and season with salt and pepper. Loosen edges to prevent eggs from sticking. When eggs begin to set, sprinkle with cheese and top with pepperoni and scallions.
- Remove from heat. Cover and let carryover cook until firm.

## Nutrition Facts



## Properties

Glycemic Index:38.83, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:11.046086976062%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 294.31kcal (14.72%), Fat: 23.58g (36.28%), Saturated Fat: 10.93g (68.28%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.74g (1.94%), Cholesterol: 223.04mg (74.35%), Sodium: 252.91mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.02%), Selenium: 25.15µg (35.93%), Phosphorus: 265.92mg (26.59%), Vitamin B12: 1.57µg (26.21%), Vitamin B2: 0.39mg (22.68%), Calcium: 205.11mg (20.51%), Zinc: 2.98mg (19.85%), Vitamin A: 612.83IU (12.26%), Vitamin B6: 0.23mg (11.51%), Vitamin B5: 1.06mg (10.64%), Vitamin D: 1.37µg (9.11%), Iron: 1.57mg (8.74%), Vitamin B3: 1.69mg (8.43%), Vitamin E: 1.09mg (7.24%), Folate: 28.72µg (7.18%), Potassium: 231mg (6.6%), Vitamin K: 5.99µg (5.7%), Magnesium: 21.12mg (5.28%), Vitamin B1: 0.06mg (3.86%), Copper: 0.06mg (3.21%), Manganese: 0.04mg (1.76%)