

# Perfect Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



3

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 teaspoon pepper black
- 1.5 teaspoons butter
- 6 eggs
- 1.5 tablespoons milk
- 0.5 cup onion minced
- 0.5 teaspoon salt

## Equipment

- bowl

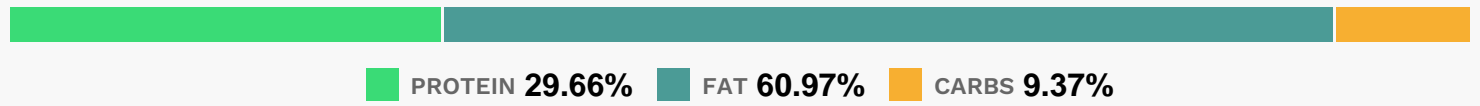
frying pan

whisk

## Directions

- Whisk together the eggs, milk, onions, salt, and pepper in a large bowl until it looks slightly fluffy.
- Melt the butter in a large pan over medium to high heat; coat the pan evenly with the butter. Stir in eggs and continue stirring until they have just cooked.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:9.2669564874276%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

## Nutrients (% of daily need)

Calories: 159.77kcal (7.99%), Fat: 10.67g (16.42%), Saturated Fat: 4.19g (26.22%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.82g (2.02%), Cholesterol: 333.64mg (111.21%), Sodium: 532.6mg (23.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.37%), Selenium: 27.33µg (39.05%), Vitamin B2: 0.42mg (24.77%), Phosphorus: 190.68mg (19.07%), Vitamin B5: 1.42mg (14.17%), Vitamin B12: 0.83µg (13.8%), Vitamin D: 1.84µg (12.28%), Folate: 46.56µg (11.64%), Vitamin A: 552.18IU (11.04%), Vitamin B6: 0.19mg (9.36%), Iron: 1.63mg (9.07%), Zinc: 1.22mg (8.12%), Calcium: 66.96mg (6.7%), Vitamin E: 0.99mg (6.63%), Manganese: 0.1mg (5.14%), Potassium: 176.73mg (5.05%), Copper: 0.08mg (3.93%), Magnesium: 14.76mg (3.69%), Vitamin B1: 0.05mg (3.48%), Vitamin C: 1.97mg (2.39%), Fiber: 0.54g (2.15%), Vitamin K: 1.11µg (1.06%)