



Pesto Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs lightly beaten
- 0.5 teaspoon pesto
- 1 serving salt and pepper to taste
- 0.3 cup cheddar cheese shredded
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan

Directions

- Heat oil in a skillet over medium heat. In a small bowl, combine egg, Cheddar cheese, salt and pepper.
- Pour into pan, and cook stirring for 3 to 5 minutes, or until desired doneness.
- Remove from heat, and stir in pesto.

Nutrition Facts

PROTEIN 15.87% **FAT 82.57%** **CARBS 1.56%**

Properties

Glycemic Index:27, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:8.9552173672811%

Nutrients (% of daily need)

Calories: 308.08kcal (15.4%), Fat: 28.31g (43.56%), Saturated Fat: 9.04g (56.47%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.34g (0.37%), Cholesterol: 192.13mg (64.04%), Sodium: 464.4mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.49%), Selenium: 21.5µg (30.72%), Vitamin K: 25.82µg (24.59%), Calcium: 228.51mg (22.85%), Phosphorus: 216.51mg (21.65%), Vitamin B2: 0.33mg (19.16%), Vitamin E: 1.79mg (11.91%), Vitamin B12: 0.69µg (11.52%), Vitamin A: 571.07IU (11.42%), Zinc: 1.6mg (10.7%), Vitamin B5: 0.79mg (7.91%), Vitamin D: 1.05µg (7%), Folate: 26.61µg (6.65%), Vitamin B6: 0.09mg (4.71%), Iron: 0.83mg (4.63%), Magnesium: 12.91mg (3.23%), Potassium: 82.51mg (2.36%), Copper: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.72%)