

# Pretzel Eggs

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

## Ingredients

- 1 tablespoon butter
- 8 eggs beaten
- 1.5 cups pretzels mini

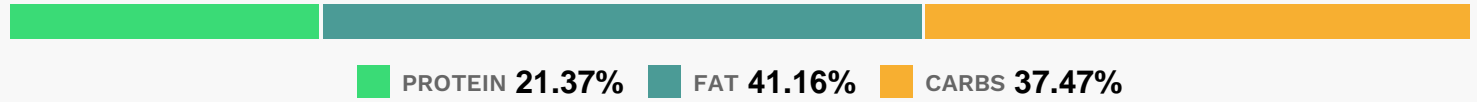
## Equipment

- frying pan

## Directions

- In a large skillet, melt butter over medium high heat.
- Add eggs and pretzels to pan. Cook, stirring occasionally, until eggs are set.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:19.17, Inflammation Score:-4, Nutrition Score:11.746956493544%

## Nutrients (% of daily need)

Calories: 266.14kcal (13.31%), Fat: 12.09g (18.59%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.74g (8.63%), Sugar: 0.99g (1.1%), Cholesterol: 334.89mg (111.63%), Sodium: 519.47mg (22.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Selenium: 28.37µg (40.53%), Vitamin B2: 0.5mg (29.59%), Folate: 95.76µg (23.94%), Phosphorus: 213.48mg (21.35%), Iron: 2.91mg (16.19%), Manganese: 0.3mg (15.23%), Vitamin B5: 1.45mg (14.54%), Vitamin B12: 0.79µg (13.15%), Vitamin D: 1.76µg (11.73%), Vitamin A: 562.66IU (11.25%), Vitamin B1: 0.16mg (10.84%), Zinc: 1.45mg (9.67%), Vitamin B6: 0.17mg (8.6%), Vitamin B3: 1.65mg (8.24%), Vitamin E: 1.15mg (7.64%), Calcium: 58.22mg (5.82%), Copper: 0.11mg (5.51%), Potassium: 189.18mg (5.41%), Magnesium: 19.33mg (4.83%), Fiber: 1.02g (4.08%), Vitamin K: 1.35µg (1.28%)