



Roasted Asparagus with Scrambled Eggs

READY IN



30 min.

SERVINGS



2

CALORIES



574 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound asparagus fresh
- ☐ 6 extra large eggs
- ☐ 3 tablespoons half-and-half
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 slices grain bread
- ☐ 2 servings olive oil good
- ☐ 0.1 cup parmesan freshly grated
- ☐ 1 tablespoon butter unsalted divided

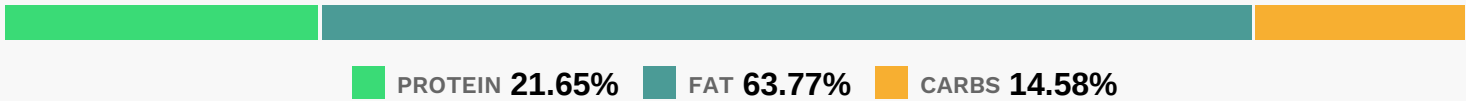
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Break off the tough ends of the asparagus and, if they're thick, peel them.
- ☐ Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.
- ☐ Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 15 to 20 minutes, until tender but still crisp.
- ☐ Sprinkle with the Parmesan and return to the oven for 5 minutes, or until the cheese melts.
- ☐ While the asparagus is roasting, whisk the eggs in a bowl with the half-and-half, and salt and pepper, to taste. Melt 1/2 tablespoon of butter in a large skillet. Cook the eggs on the lowest heat, stirring constantly with a wooden spoon, to the desired doneness.
- ☐ Remove from the heat, add the remaining 1/2 tablespoon of butter, and stir until it melts. Check for seasoning, salt and pepper, if needed, and serve with the roasted asparagus and 7-grain bread.

Nutrition Facts



Properties

Glycemic Index:80.35, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:35.608261440111%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 573.56kcal (28.68%), Fat: 41.06g (63.17%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 15.84g (5.76%), Sugar: 6.04g (6.71%), Cholesterol: 652.14mg (217.38%), Sodium: 482.88mg (20.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.73%), Selenium: 64.91µg (92.73%), Vitamin K: 82.93µg (78.98%), Vitamin B2: 1.12mg (65.94%), Phosphorus: 547.04mg (54.7%), Vitamin A: 2497.91IU (49.96%), Manganese: 0.93mg (46.41%), Folate: 180.51µg (45.13%), Iron: 7.45mg (41.38%), Vitamin E: 6.09mg (40.58%), Vitamin B5: 3.34mg (33.36%), Vitamin B1: 0.43mg (28.64%), Calcium: 280.88mg (28.09%), Vitamin B12: 1.62µg (27.08%), Vitamin B6: 0.52mg (25.92%), Zinc: 3.85mg (25.64%), Copper: 0.51mg (25.61%), Vitamin D: 3.5µg (23.31%), Fiber: 5.28g (21.11%), Potassium: 684.04mg (19.54%), Magnesium: 70.84mg (17.71%), Vitamin B3: 3.08mg (15.38%), Vitamin C: 9.73mg (11.79%)