



Salami Scrambles

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings torn basil leaves chopped for garnish, optional
- ☐ 4 ounces your choice of: boursin garlic and herb cheese crumbled 4 rounded spoonfuls
- ☐ 8 large eggs
- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings parsley leaves chopped for garnish
- ☐ 1 plum tomatoes
- ☐ 4 servings salt and pepper

- ☐ 2 to 3 scallions chopped
- ☐ 0.3 pound genoa whole dry mini sliced chopped
- ☐ 0.3 pound genoa whole dry mini sliced chopped

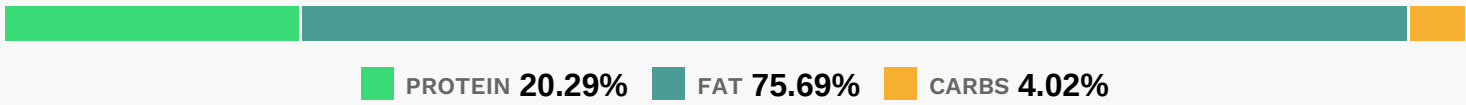
Equipment

- ☐ frying pan

Directions

- ☐ Heat a medium nonstick skillet over medium to medium high heat.
- ☐ Add extra-virgin olive oil and salami. Cook salami until it renders some fat and starts to turn a deep burgundy color, 2 minutes.
- ☐ Add garlic and stir 30 seconds, then add scallions or onions and cook 1 or 2 more minutes.
- ☐ Add tomatoes and cook another minute. Scramble eggs with cheese, a little salt and a generous amount of pepper.
- ☐ Add eggs to pan and scramble it all up together.
- ☐ Serve scrambles with parsley and/or basil garnish.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:15.146956526715%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 297.48kcal (14.87%), Fat: 24.81g (38.17%), Saturated Fat: 11.44g (71.52%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.72g (1.91%), Cholesterol: 401.32mg (133.77%), Sodium: 515.76mg (22.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Vitamin K: 88.95µg (84.72%), Selenium: 30.88µg (44.12%), Vitamin B2: 0.47mg (27.68%), Vitamin A: 1339.85IU (26.8%), Phosphorus: 206.59mg

(20.66%), Vitamin B5: 1.57mg (15.73%), Vitamin B12: 0.89µg (14.83%), Folate: 58.64µg (14.66%), Vitamin D: 2µg (13.33%), Iron: 2.23mg (12.39%), Vitamin E: 1.63mg (10.89%), Vitamin B6: 0.19mg (9.57%), Zinc: 1.39mg (9.28%), Calcium: 90.98mg (9.1%), Vitamin C: 7.24mg (8.77%), Potassium: 202.85mg (5.8%), Copper: 0.1mg (5.01%), Manganese: 0.09mg (4.46%), Magnesium: 17.64mg (4.41%), Vitamin B1: 0.05mg (3.44%), Fiber: 0.4g (1.59%), Vitamin B3: 0.23mg (1.14%)