





# Savory Scrambled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



3

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons chili sauce
- 6 eggs
- 3 tablespoons mayonnaise

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat a large nonstick skillet over medium–low heat. In a medium bowl, whisk the eggs until well blended. When the pan is hot, pour the eggs in. Cook, stirring frequently, until the eggs are scrambled. Nice scrambled eggs should have a soft texture, not hard and leathery.
- Remove the eggs from the heat, and stir in the mayonnaise and chili sauce.
- Serve immediately.

## Nutrition Facts

**PROTEIN 20.26%** **FAT 74.98%** **CARBS 4.76%**

## Properties

Glycemic Index:16.67, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:9.8195650914441%

## Nutrients (% of daily need)

Calories: 230.24kcal (11.51%), Fat: 18.87g (29.03%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.74g (1.93%), Cholesterol: 333.24mg (111.08%), Sodium: 347.86mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Selenium: 27.45µg (39.21%), Vitamin B2: 0.41mg (24.22%), Vitamin K: 23.6µg (22.48%), Phosphorus: 182.38mg (18.24%), Vitamin B5: 1.37mg (13.73%), Vitamin B12: 0.8µg (13.33%), Vitamin D: 1.79µg (11.92%), Vitamin A: 552.3IU (11.05%), Folate: 42.96µg (10.74%), Vitamin E: 1.58mg (10.5%), Iron: 1.65mg (9.16%), Vitamin B6: 0.17mg (8.34%), Zinc: 1.17mg (7.81%), Calcium: 52.4mg (5.24%), Potassium: 161.24mg (4.61%), Copper: 0.08mg (3.95%), Vitamin B1: 0.05mg (3.04%), Magnesium: 11.9mg (2.97%), Vitamin C: 1.6mg (1.94%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.23mg (1.13%)