



Scramble Eggs with Tomato and Scallions (Huevos Revueltos con Tomate y Cebolla)



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 eggs
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt to taste
- ☐ 4 tablespoons scallions chopped
- ☐ 2 medium tomatoes finely chopped

Equipment

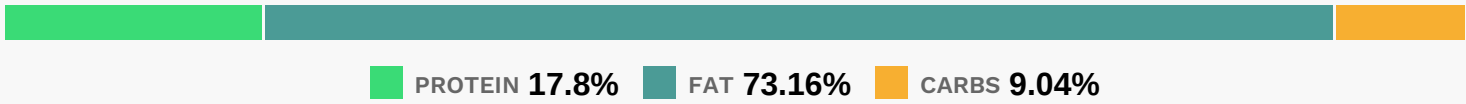
- ☐ bowl

☐ frying pan

Directions

- ☐ In a medium non-stick skillet heat the oil over medium heat.
- ☐ Add the tomatoes and scallions and cook about 5 minutes, stirring occasionally.Meanwhile, in a small bowl beat the eggs and salt.
- ☐ Pour the eggs in the skillet with the tomato mixture and cook over medium heat, without stirring, until mixture begins to set.Stir twice or until the eggs mix with the tomato and scallions and cook about 2 minutes or until the eggs are the consistency you like.
- ☐ Transfer to a serving plate and serve with arepa or toast.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:7.756956556569%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 137.79kcal (6.89%), Fat: 11.32g (17.41%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.92g (2.13%), Cholesterol: 163.68mg (54.56%), Sodium: 260.45mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin K: 21.62µg (20.59%), Selenium: 13.54µg (19.35%), Vitamin A: 809.72IU (16.19%), Vitamin B2: 0.22mg (12.8%), Vitamin E: 1.84mg (12.23%), Vitamin C: 9.55mg (11.58%), Phosphorus: 104.1mg (10.41%), Folate: 33.74µg (8.44%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.39µg (6.53%), Potassium: 223.15mg (6.38%), Vitamin B6: 0.13mg (6.38%), Iron: 1.07mg (5.92%), Vitamin D: 0.88µg (5.87%), Zinc: 0.7mg (4.64%), Manganese: 0.09mg (4.63%), Copper: 0.07mg (3.65%), Fiber: 0.89g (3.58%), Calcium: 35.3mg (3.53%), Magnesium: 13.25mg (3.31%), Vitamin B1: 0.04mg (2.91%), Vitamin B3: 0.43mg (2.15%)