



WHATSheATE



Scrambled Egg and Cheese Bagel

READY IN



45 min.

SERVINGS



2

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 ounce bagels split toasted
- ☐ 1 teaspoon butter
- ☐ 1 large eggs
- ☐ 1 Dash pepper black freshly ground
- ☐ 1 Dash salt
- ☐ 1.5 ounce sharp cheddar cheese reduced-fat

Equipment

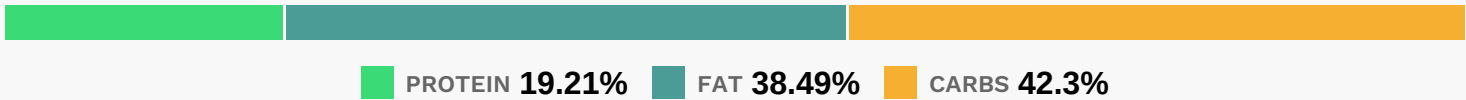
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Place 1 cheese slice on cut side of each bagel half.
- ☐ Combine egg, salt, and pepper in a bowl, stirring with a whisk. Melt butter in a small nonstick skillet over medium heat.
- ☐ Add egg mixture; cook, without stirring, until mixture sets on bottom. Draw a spatula across bottom of pan to form curds. Continue cooking, stirring occasionally, until egg mixture is thickened but still moist. Immediately spoon half of egg over cheese on each bagel half.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:21.01, Inflammation Score:-3, Nutrition Score:7.8421739935875%

Nutrients (% of daily need)

Calories: 296.47kcal (14.82%), Fat: 12.54g (19.3%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 29.69g (10.8%), Sugar: 0.16g (0.18%), Cholesterol: 119.64mg (39.88%), Sodium: 512.79mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.17%), Phosphorus: 201.99mg (20.2%), Selenium: 13.72µg (19.6%), Calcium: 175.36mg (17.54%), Manganese: 0.32mg (16.09%), Vitamin B2: 0.24mg (14.03%), Zinc: 1.6mg (10.7%), Vitamin A: 410.8IU (8.22%), Vitamin B12: 0.45µg (7.54%), Vitamin B1: 0.11mg (7.25%), Folate: 28.77µg (7.19%), Iron: 1.25mg (6.93%), Vitamin B5: 0.68mg (6.8%), Magnesium: 25.32mg (6.33%), Copper: 0.12mg (5.91%), Fiber: 1.32g (5.27%), Vitamin B3: 1.03mg (5.14%), Vitamin B6: 0.09mg (4.32%), Vitamin D: 0.63µg (4.18%), Vitamin E: 0.48mg (3.2%), Potassium: 109.41mg (3.13%)