



## Scrambled Egg Cups for Two

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 slices bread
- 2 tablespoons butter divided softened
- 1 tablespoon chives minced
- 3 eggs
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.3 cup cheddar cheese shredded

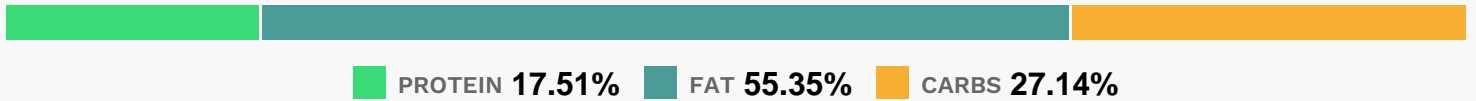
### Equipment

- bowl
- frying pan
- oven
- muffin liners
- rolling pin

## Directions

- Flatten bread with a rolling pin.
- Spread a scant teaspoon of butter on one side of each bread slice. Press bread, buttered side down, into 4 muffin cups.
- Bake at 350 for 12–15 minutes. Meanwhile, in bowl, beat eggs, chives, salt, & pepper. In a skillet, melt remaining butter over medium–low heat.
- Add egg mixture; cook & stir until eggs are completely set. Spoon into bread cups; sprinkle with cheese.
- Bake 1–2 minutes longer, until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:106.33, Glycemic Load:14.42, Inflammation Score:-6, Nutrition Score:16.089130422343%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 406.59kcal (20.33%), Fat: 24.98g (38.44%), Saturated Fat: 12.37g (77.3%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 25.26g (9.19%), Sugar: 3.54g (3.93%), Cholesterol: 289.74mg (96.58%), Sodium: 831.75mg (36.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Selenium: 40.55µg (57.93%), Manganese: 0.71mg (35.48%), Vitamin B2: 0.51mg (30.1%), Phosphorus: 272.04mg (27.2%), Calcium: 212.3mg (21.23%), Folate: 83.6µg (20.9%), Vitamin A: 914.89IU (18.3%), Iron: 3.23mg (17.97%), Vitamin B1: 0.26mg (17.51%), Vitamin B3: 3.2mg (16.02%), Vitamin B5: 1.55mg (15.51%), Zinc: 1.98mg (13.17%), Vitamin B12: 0.76µg (12.68%),

Vitamin D: 1.4µg (9.37%), Vitamin B6: 0.19mg (9.35%), Fiber: 2.31g (9.24%), Magnesium: 35.83mg (8.96%), Vitamin E: 1.23mg (8.23%), Vitamin K: 7.66µg (7.3%), Copper: 0.14mg (6.97%), Potassium: 190.44mg (5.44%), Vitamin C: 0.98mg (1.19%)