



Scrambled Eggs a la Charlotte

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 1 teaspoon tarragon dried
- 6 eggs
- 1 bell pepper diced green
- 2 servings salt and ground pepper black to taste
- 0.3 cup milk
- 1 small onion diced
- 1 tomatoes diced seeded

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine tomato, green bell pepper, onion, and tarragon in a large bowl.
- Whisk eggs, milk, salt, and black pepper in another bowl.
- Melt butter in a skillet over medium heat. Cook and stir egg mixture in hot butter until nearly set, about 2 minutes.
- Stir vegetable mixture into eggs; continue to cook and stir until eggs are set and vegetables begin to soften, about 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:132.5, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:21.878695757493%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 347.61kcal (17.38%), Fat: 25.22g (38.8%), Saturated Fat: 11.98g (74.88%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.49g (7.22%), Cholesterol: 524.8mg (174.93%), Sodium: 295.95mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Vitamin C: 59.35mg (71.94%), Selenium: 41.47µg (59.24%), Vitamin B2: 0.7mg (41.26%), Vitamin A: 1887.76IU (37.76%), Phosphorus: 335.62mg (33.56%), Vitamin B6: 0.49mg (24.61%), Vitamin B5: 2.31mg (23.11%), Vitamin B12: 1.36µg (22.72%), Folate: 87.04µg (21.76%), Vitamin D: 2.98µg (19.84%), Iron: 3.09mg (17.15%), Potassium: 563.78mg (16.11%), Manganese: 0.32mg (15.92%), Vitamin E: 2.29mg (15.24%), Calcium: 146.78mg (14.68%), Zinc: 2.12mg (14.15%), Vitamin K: 11.03µg (10.51%),

Magnesium: 39.64mg (9.91%), Fiber: 2.44g (9.78%), Vitamin B1: 0.15mg (9.73%), Copper: 0.19mg (9.63%), Vitamin B3: 0.92mg (4.6%)