



## Scrambled Eggs a la Jan

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup cooking wine dry white
- 8 eggs
- 1 teaspoon garlic powder
- 2.5 tablespoons mayonnaise
- 4 servings salt and pepper to taste
- 0.3 cup cheddar cheese shredded
- 1 tablespoon water

### Equipment

- frying pan
- whisk
- mixing bowl

## Directions

- Break eggs into mixing bowl. Stir in water, garlic powder, mayonnaise, white wine, salt and pepper.
- Mix well with a wire whisk. Stir in cheddar cheese.
- Heat a nonstick pan over medium heat.
- Pour in egg mixture and cook, stirring occasionally, until well cooked. The eggs should be firm, but not hard. These eggs will have a softer texture than normal scrambled eggs.
- Serve warm.

## Nutrition Facts

**PROTEIN 24.11%** **FAT 72.55%** **CARBS 3.34%**

## Properties

Glycemic Index:24.25, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:9.9943478526143%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 228.94kcal (11.45%), Fat: 17.32g (26.65%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.56g (0.62%), Cholesterol: 338.1mg (112.7%), Sodium: 421.89mg (18.34%), Alcohol: 1.54g (100%), Alcohol %: 1.58% (100%), Protein: 12.95g (25.9%), Selenium: 29.41µg (42.02%), Vitamin B2: 0.44mg (25.78%), Phosphorus: 214.23mg (21.42%), Vitamin B12: 0.87µg (14.48%), Vitamin K: 14.76µg (14.06%), Vitamin B5: 1.41mg (14.06%), Vitamin D: 1.82µg (12.13%), Vitamin A: 551.65IU (11.03%), Folate: 43.78µg (10.95%), Calcium: 102.09mg (10.21%), Zinc: 1.45mg (9.66%), Iron: 1.65mg (9.19%), Vitamin B6: 0.18mg (8.75%), Vitamin E: 1.27mg (8.46%), Potassium: 148.27mg (4.24%), Magnesium: 14.67mg (3.67%), Copper: 0.07mg (3.64%), Vitamin B1: 0.04mg (2.81%), Manganese: 0.05mg (2.57%)