



Scrambled Eggs and Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 eggs beaten



0.3 cup cocktail sauce



1 onion chopped



1 teaspoon salt



10 large shrimp cooked

Equipment

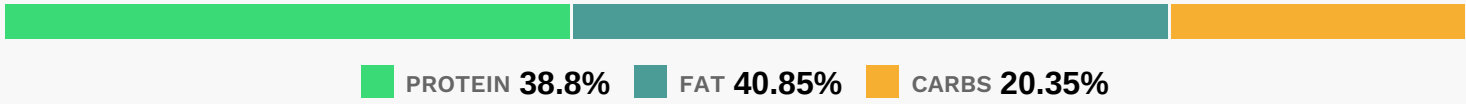


frying pan

Directions

- ☐ Heat oil in a skillet over medium heat; saute onion until translucent, 5 to 10 minutes.
- ☐ Add eggs to onion and season with salt. Cook and stir until eggs are set, about 5 minutes. Stir shrimp and cocktail sauce into eggs; cook until warm, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:10.116956573466%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 8.6g (13.22%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.01g (3.28%), Sugar: 6.43g (7.15%), Cholesterol: 381.03mg (127.01%), Sodium: 1177.84mg (51.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Selenium: 27.2µg (38.86%), Phosphorus: 256.21mg (25.62%), Vitamin B2: 0.41mg (24.24%), Vitamin B5: 1.39mg (13.94%), Vitamin B12: 0.78µg (13.05%), Folate: 48.33µg (12.08%), Vitamin D: 1.76µg (11.73%), Zinc: 1.65mg (10.97%), Copper: 0.21mg (10.43%), Iron: 1.8mg (9.98%), Vitamin B6: 0.19mg (9.68%), Vitamin A: 475.93IU (9.52%), Calcium: 79.53mg (7.95%), Potassium: 263.13mg (7.52%), Magnesium: 25.91mg (6.48%), Vitamin E: 0.93mg (6.21%), Manganese: 0.08mg (4.25%), Vitamin B1: 0.05mg (3.47%), Vitamin C: 2.71mg (3.29%), Fiber: 0.62g (2.49%)