



 **71%**
HEALTH SCORE

Scrambled Eggs with Asparagus

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound asparagus
- 1 teaspoon butter
- 2 cups egg substitute (with 2 tablespoons water) beaten to blend
- 1 tablespoon basil (dried fresh minced)
- 0.5 cup neufchâtel cheese (light cut into 1/2-inch pieces (cream))
- 3 tablespoons parmesan cheese (grated)
- 6 servings bell pepper
- 0.3 teaspoon regular salt

- 0.5 cup mozzarella cheese shredded

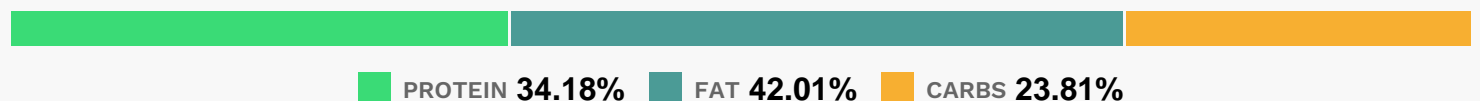
Equipment

- frying pan
- spatula

Directions

- In a deep, 10- to 12-inch nonstick frying pan over high heat, bring about 1 inch of water to a boil. Meanwhile, snap tough stem ends off asparagus and discard.
- Cut 2 to 3 inches off the top of each asparagus spear, then cut remaining stems diagonally into 1-inch lengths.
- Add asparagus to boiling water and cook until barely tender when pierced, 2 to 3 minutes.
- Drain. Separate tips from stem pieces.
- Beat egg substitute, 1/4 teaspoon garlic salt, and basil to blend. Set pan over medium heat. When hot, add butter and swirl to coat pan.
- Add egg mixture.
- Sprinkle with neufchatel cheese cubes.
- As egg mixture sets, use a wide spatula to push cooked eggs aside and let uncooked liquid flow to pan bottom. While egg mixture is still semiliquid, add asparagus stem pieces, mozzarella, and parmesan. Continue to push mixture from pan bottom with spatula until softly set, about 5 minutes total.
- Transfer to a platter or plates.
- Add garlic salt and pepper to taste.
- Garnish with asparagus tips.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:24.647825987443%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg

Nutrients (% of daily need)

Calories: 168.84kcal (8.44%), Fat: 8.29g (12.75%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.89g (7.65%), Cholesterol: 24.14mg (8.05%), Sodium: 437.07mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.35%), Vitamin C: 100mg (121.21%), Vitamin A: 3369.42IU (67.39%), Selenium: 37.93µg (54.18%), Vitamin K: 47.28µg (45.03%), Vitamin B2: 0.55mg (32.51%), Vitamin E: 3.51mg (23.4%), Iron: 4.2mg (23.33%), Folate: 92.02µg (23%), Vitamin B6: 0.41mg (20.73%), Phosphorus: 194.4mg (19.44%), Vitamin B5: 1.91mg (19.12%), Calcium: 189.3mg (18.93%), Vitamin B1: 0.25mg (16.85%), Potassium: 539.87mg (15.42%), Manganese: 0.28mg (14.02%), Fiber: 3.4g (13.61%), Zinc: 1.97mg (13.12%), Magnesium: 41mg (10.25%), Copper: 0.19mg (9.73%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 1.33µg (8.87%), Vitamin B3: 1.67mg (8.33%)