



Scrambled Eggs with Broccoli & Cheese

 Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons butter
- 6 eggs slightly beaten
- 10 oz nacho cheese dip frozen flavored

Equipment

- frying pan

Directions

- Cook broccoli in cheese sauce as directed on package.
- Meanwhile, in 10-inch nonstick skillet, melt butter over medium heat.
- Add eggs; cook and stir just until eggs begin to set.
- Add broccoli with cheese sauce; cook 1 minute, stirring constantly.

Nutrition Facts

PROTEIN 17.12% **FAT 74.19%** **CARBS 8.69%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:8.9713043691186%

Nutrients (% of daily need)

Calories: 335.02kcal (16.75%), Fat: 27.97g (43.03%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.37g (2.68%), Sugar: 4.11g (4.56%), Cholesterol: 335.86mg (111.95%), Sodium: 932.23mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Selenium: 27.02µg (38.59%), Vitamin B2: 0.4mg (23.73%), Vitamin A: 1100.94IU (22.02%), Phosphorus: 175.01mg (17.5%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.79µg (13.11%), Calcium: 117.75mg (11.78%), Vitamin D: 1.76µg (11.73%), Folate: 41.39µg (10.35%), Iron: 1.54mg (8.56%), Zinc: 1.14mg (7.57%), Vitamin B6: 0.15mg (7.5%), Vitamin E: 1.03mg (6.85%), Potassium: 122.84mg (3.51%), Copper: 0.06mg (3.17%), Magnesium: 10.66mg (2.66%), Vitamin B1: 0.04mg (2.37%), Manganese: 0.02mg (1.23%)