



## Scrambled Eggs with Chilies



Vegetarian



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



1

CALORIES



55 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.5 oz cherry tomatoes halved
- ☐ 2 large egg whites
- ☐ 1 small jalapeno minced seeded
- ☐ 1 pinch salt and pepper fresh
- ☐ 1 spring onion thinly sliced

## Equipment

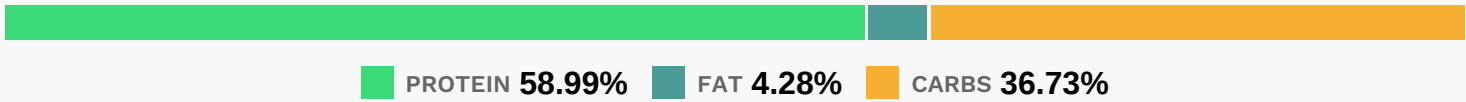
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Vigorously whisk the eggs, egg white, and salt and pepper in a bowl.
- ☐ Heat a small skillet over medium-low heat. When hot, coat lightly with cooking spray. Cook chopped chilies and tomatoes until soft (2 minutes).
- ☐ Add eggs. Cook, stirring gently, until eggs are cooked through, as desired (1-2 minutes).
- ☐ Sprinkle with scallion.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:8.2595652808314%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 54.98kcal (2.75%), Fat: 0.26g (0.41%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 158.45mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.43%), Vitamin C: 35.02mg (42.45%), Vitamin K: 29.41µg (28.01%), Selenium: 13.68µg (19.55%), Vitamin B2: 0.32mg (19.1%), Vitamin A: 617.13IU (12.34%), Potassium: 329.93mg (9.43%), Vitamin E: 0.96mg (6.43%), Vitamin B6: 0.13mg (6.26%), Folate: 23.31µg (5.83%), Manganese: 0.11mg (5.73%), Fiber: 1.2g (4.8%), Magnesium: 18.14mg (4.53%), Copper: 0.08mg (4.24%), Iron: 0.75mg (4.15%), Phosphorus: 37.82mg (3.78%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.69%), Calcium: 22.76mg (2.28%), Zinc: 0.19mg (1.24%)