



Scrambled Eggs with Havarti and Wine

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 eggs
- 0.3 cup wine dry white
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons parsley fresh chopped
- 2 tablespoons spring onion sliced
- 2 tablespoons butter
- 4 oz havarti cheese with dill weed, cut into 1/2-inch cubes

1 serving optional: dill fresh chopped

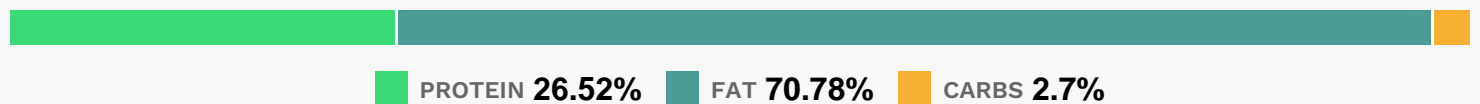
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In medium bowl, beat eggs, wine, salt, pepper, 2 tablespoons parsley and the onions thoroughly with fork or wire whisk until well mixed.
- In 10-inch nonstick skillet, heat butter over medium heat just until butter begins to sizzle.
- Pour egg mixture into skillet.
- Sprinkle cheese evenly over eggs.
- As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Garnish with additional parsley.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:14.079565170019%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 287.23kcal (14.36%), Fat: 21.63g (33.27%), Saturated Fat: 8.83g (55.21%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.56g (0.62%), Cholesterol: 352.31mg (117.44%), Sodium: 552.74mg (24.03%), Alcohol: 1.54g (100%), Alcohol %: 1.36% (100%), Protein: 18.24g (36.47%), Selenium: 29.47µg (42.1%), Vitamin K: 39.54µg (37.66%), Phosphorus: 331.29mg (33.13%), Vitamin B2: 0.51mg (29.72%), Calcium: 230.43mg (23.04%), Vitamin A: 1151.4IU (23.03%), Vitamin B12: 1.18µg (19.69%), Folate: 63.61µg (15.9%), Zinc: 2.32mg (15.48%), Vitamin B5: 1.47mg (14.7%), Vitamin D: 1.84µg (12.23%), Iron: 1.81mg (10.05%), Vitamin B6: 0.19mg (9.36%), Vitamin E: 1.37mg (9.12%), Magnesium: 21.73mg (5.43%), Potassium: 175.29mg (5.01%), Copper: 0.1mg (4.78%), Manganese: 0.08mg (4.18%), Vitamin C: 3.4mg (4.12%), Vitamin B1: 0.05mg (3.62%)