



Scrambled Eggs with Leeks, Fava Beans, Crispy Breadcrumbs, and Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups bread french
- ☐ 2 tablespoons butter ()
- ☐ 0.5 cup crème fraîche sour
- ☐ 12 large eggs organic (preferably)
- ☐ 1 cup avarakkai / broad beans fresh frozen peeled (double-peeled)
- ☐ 2 cups leek white green chopped (and pale parts only; from 2 large)
- ☐ 3 tablespoons olive oil
- ☐ 8 servings parmesan

☐ 0.5 teaspoon sea salt fine

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ spatula

Directions

☐ Preheat oven to 400°F.

☐ Place bread in medium bowl.

☐ Drizzle oil over, tossing to coat. Scatter bread pieces on small rimmed baking sheet.

☐ Sprinkle lightly with sea salt.

☐ Bake until bread is golden brown, stirring often, 10 to 12 minutes. Cool on sheet. DO AHEAD: Can be made 2 hours ahead.

☐ Let stand at room temperature. Rewarm 3 minutes in 350°F oven before using.

☐ Cook fava beans in medium saucepan of boiling salted water until tender, about 14 minutes.

☐ Drain.

☐ Whisk eggs, crème fraîche, and 1/2 teaspoon sea salt in large bowl to blend.

☐ Melt butter in heavy large skillet over low heat.

☐ Add leeks. Sauté until tender but not brown, about 10 minutes.

☐ Sprinkle lightly with sea salt.

☐ Mix in fava beans. Increase heat to medium-high.

☐ Add egg mixture. Stir with heatproof spatula until eggs are almost set but still creamy, 3 to 4 minutes. Season with pepper.

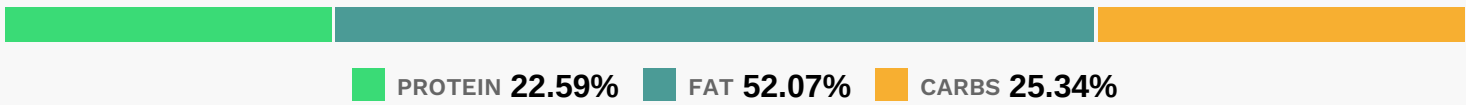
☐ Transfer egg mixture to platter.

☐ Sprinkle with crispy breadcrumbs. Grate Parmesan cheese over and serve.

☐ Per serving: 354.4 calories,

- ☐ 2 % calories from fat, 21.7 g fat,
- ☐ 1 g saturated fat,
- ☐ 5 mg cholesterol,
- ☐ 1 g carbohydrates,
- ☐ 5 g total sugars,
- ☐ 4 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:21.521304213482%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 483.31kcal (24.17%), Fat: 27.92g (42.95%), Saturated Fat: 11.58g (72.36%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 27.26g (9.91%), Sugar: 4.81g (5.34%), Cholesterol: 315.41mg (105.14%), Sodium: 974.85mg (42.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.5%), Selenium: 43.89µg (62.7%), Calcium: 488.93mg (48.89%), Phosphorus: 460.04mg (46%), Manganese: 0.75mg (37.71%), Vitamin B2: 0.61mg (35.59%), Folate: 112.36µg (28.09%), Vitamin A: 1191.3IU (23.83%), Iron: 3.98mg (22.13%), Vitamin B12: 1.06µg (17.73%), Vitamin B5: 1.77mg (17.66%), Vitamin B1: 0.26mg (17.4%), Zinc: 2.55mg (16.97%), Vitamin K: 17.6µg (16.77%), Vitamin B3: 2.87mg (14.36%), Magnesium: 57.27mg (14.32%), Vitamin B6: 0.28mg (13.86%), Vitamin E: 2.04mg (13.59%), Fiber: 3.32g (13.29%), Vitamin D: 1.65µg (11%), Copper: 0.21mg (10.68%), Potassium: 309.54mg (8.84%), Vitamin C: 2.95mg (3.58%)