



Scrambled Eggs with Smoked Salmon

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 12 blades of chives fresh finely chopped
- 12 eggs
- 0.5 cup heavy cream
- 6 servings salt and pepper black freshly ground
- 0.3 pound salmon smoked sliced

Equipment

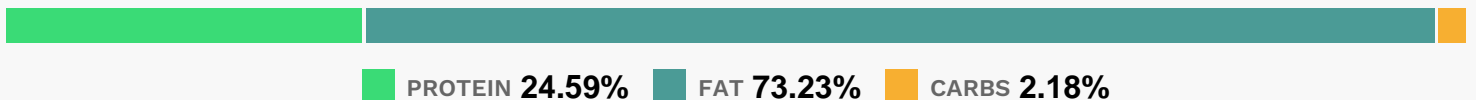
- frying pan

- whisk
- wooden spoon
- stove

Directions

- Watch how to make this recipe.
- Reserve 2 slices of salmon for garnish. Chop the remaining salmon into very small pieces.
- Whisk your eggs and cream together.
- Add 1/2 of your chopped chives and season eggs with salt and pepper. Preheat a large nonstick skillet over medium heat. Melt butter in the pan and add eggs. Scramble eggs with a wooden spoon. Do not cook eggs until dry. When eggs have come together but remain wet, stir in chopped salmon.
- Remove pan from the stove and place on a trivet.
- Garnish the eggs with remaining salmon and chives and serve right out of the warm pan.
- Note: If you are serving these eggs with the other recipes provided as a brunch, a platter of store bought fruit filled dainties will complete your elegant brunch. Allow 1 dainty per person but halve dainties so that guests may mix and match varieties.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:12.23999998103%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 249.7kcal (12.48%), Fat: 20.15g (31%), Saturated Fat: 9.89g (61.84%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.95g (1.05%), Cholesterol: 364.15mg (121.38%), Sodium: 308.58mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Selenium: 33.8µg (48.29%), Vitamin D: 5.31µg (35.39%), Vitamin B2: 0.46mg (27.21%), Vitamin B12: 1.44µg (23.98%), Phosphorus: 219.18mg (21.92%), Vitamin A:

987.42IU (19.75%), Vitamin B5: 1.58mg (15.77%), Folate: 44.79µg (11.2%), Vitamin B6: 0.21mg (10.61%), Vitamin E: 1.48mg (9.83%), Iron: 1.76mg (9.8%), Zinc: 1.26mg (8.39%), Calcium: 67.85mg (6.79%), Copper: 0.11mg (5.67%), Vitamin K: 5.67µg (5.4%), Potassium: 181.73mg (5.19%), Vitamin B3: 0.99mg (4.93%), Magnesium: 16.45mg (4.11%), Vitamin B1: 0.05mg (3.03%), Manganese: 0.05mg (2.41%), Vitamin C: 1.28mg (1.55%)