



Scrambled Eggs with Smoked Salmon

READY IN



40 min.

SERVINGS



12

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoons butter
- ☐ 1 sprigs garnishes: caviar red finely chopped
- ☐ 4 large eggs
- ☐ 1 tablespoons milk
- ☐ 12 servings salt
- ☐ 12 servings salt and pepper
- ☐ 0.3 cup scallions minced
- ☐ 3 ounces salmon smoked julienned
- ☐ 4 tablespoons butter unsalted melted

☐ 12 slices bread fresh white sliced thin

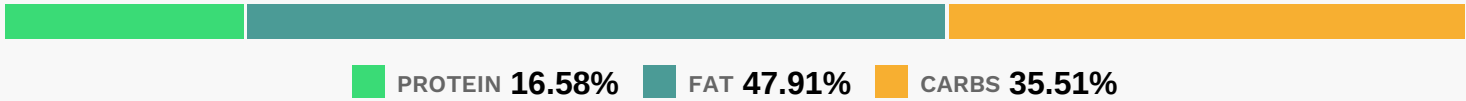
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mini muffin tray

Directions

- ☐ In a non-stick skillet melt butter over medium heat.
- ☐ Add scallions and cook, stirring, until soft.
- ☐ In a bowl whisk together eggs and milk and season with salt and pepper. Reduce heat to medium low and add egg mixture to skillet. Cook, stirring, until almost set.
- ☐ Transfer eggs to bread cups and top with salmon and caviar.
- ☐ Preheat oven to 300 degrees F.
- ☐ Using a 2 2/3 round cutter (or juice glass) cut bread into rounds. Butter both sides with melted butter and press into mini muffin tins, being careful not to tear bread. Season with salt.
- ☐ Bake for 10 to15 minutes until toast are firm to the touch and slightly golden in color. Fill with desired fillings.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:8.82, Inflammation Score:-3, Nutrition Score:5.9413043403107%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 143.09kcal (7.15%), Fat: 7.58g (11.66%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 12.01g (4.37%), Sugar: 1.51g (1.68%), Cholesterol: 76.81mg (25.6%), Sodium: 596.14mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Selenium: 13.36µg (19.09%), Vitamin D: 1.63µg (10.88%), Folate: 37.28µg (9.32%), Vitamin B1: 0.14mg (9.16%), Vitamin B2: 0.15mg (8.78%), Manganese: 0.16mg (7.92%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 76.6mg (7.66%), Vitamin B12: 0.41µg (6.88%), Iron: 1.24mg (6.87%), Calcium: 67.77mg (6.78%), Vitamin A: 265.74IU (5.31%), Vitamin B5: 0.47mg (4.67%), Vitamin K: 4.83µg (4.6%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.48mg (3.18%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (3.11%), Magnesium: 10.97mg (2.74%), Fiber: 0.63g (2.52%), Potassium: 73.91mg (2.11%)