



WHATSheATE



Scrambled Eggs with Smoked Salmon and Chives

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 tablespoons butter
- ☐ 8 large eggs
- ☐ 4 tablespoons chives fresh chopped
- ☐ 3 tablespoons milk
- ☐ 1 large onion chopped
- ☐ 6 ounces salmon smoked thinly sliced cut into strips

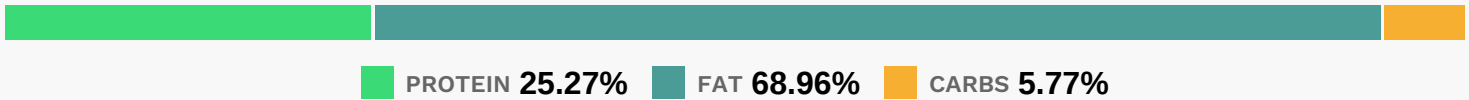
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat eggs, 2 tablespoons chives and milk in bowl to blend. Melt butter in heavy large skillet over medium heat.
- ☐ Add onion and sauté until golden, about 15 minutes.
- ☐ Add egg mixture. Cook until almost set, stirring occasionally, about 4 minutes.
- ☐ Mix in salmon. Cook until eggs are cooked through but still moist, about 1 minute longer. Season with salt and pepper.
- ☐ Transfer eggs to platter; sprinkle with remaining 2 tablespoons chives.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:17.816521831181%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 340.88kcal (17.04%), Fat: 25.96g (39.94%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.57g (2.85%), Cholesterol: 420.76mg (140.25%), Sodium: 593.78mg (25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Selenium: 45.08µg (64.4%), Vitamin D: 9.4µg (62.64%), Vitamin B12: 2.37µg (39.45%), Vitamin B2: 0.54mg (31.47%), Phosphorus: 295.92mg (29.59%), Vitamin A: 1163.89IU (23.28%), Vitamin B5: 2.02mg (20.2%), Vitamin B6: 0.34mg (17.24%), Folate: 58.65µg (14.66%), Vitamin E: 2.05mg (13.66%), Iron: 2.24mg (12.45%), Vitamin B3: 2.16mg (10.82%), Zinc: 1.56mg (10.43%), Copper: 0.19mg (9.46%), Calcium: 90.1mg (9.01%), Potassium: 297.12mg (8.49%), Vitamin K: 8.14µg (7.75%), Magnesium: 26.36mg (6.59%), Vitamin C: 4.52mg (5.48%), Vitamin B1: 0.08mg (5.1%), Manganese: 0.1mg (4.76%), Fiber: 0.71g (2.85%)