



Scrambled Eggs with Smoked Salmon and Lemon Cream

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 large eggs
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 1 large green onion thinly sliced
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest packed finely grated ()
- ☐ 2 ounces salmon smoked thinly sliced

☐ 2 tablespoons cup heavy whipping cream sour

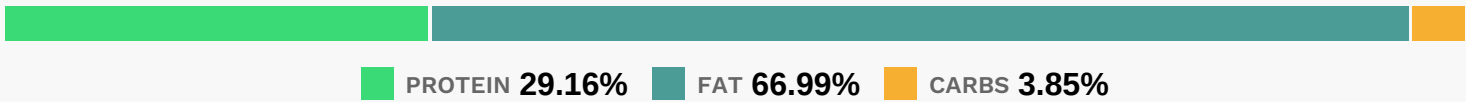
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix sour cream, fresh lemon juice, finelygrated lemon peel, and chopped freshthyme in small bowl. Season lemon creamto taste with salt and pepper.
- ☐ Whisk eggs in medium bowl to blend;sprinkle with salt and pepper. Melt butterin medium nonstick skillet over mediumheat.
- ☐ Add thinly sliced green onion andsauté 1 minute.
- ☐ Add eggs; cook untilalmost set, stirring often, about 1 minute.Divide scrambled eggs between plates.Top scrambled eggs with thinly slicedsmoked salmon; drizzle with lemoncream and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:15.818695819896%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 254.9kcal (12.75%), Fat: 18.77g (28.88%), Saturated Fat: 8.21g (51.31%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.13g (1.26%), Cholesterol: 400.65mg (133.55%), Sodium: 415.05mg (18.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Selenium: 40.48µg (57.83%), Vitamin D: 6.85µg (45.65%), Vitamin B12: 1.85µg (30.85%), Vitamin B2: 0.52mg (30.58%), Phosphorus: 260.36mg (26.04%), Vitamin K: 26.87µg (25.59%), Vitamin A: 951.09IU (19.02%), Vitamin B5: 1.84mg (18.41%), Folate: 57.02µg (14.25%), Vitamin B6: 0.26mg (13.19%), Iron: 2.23mg (12.4%), Vitamin E: 1.71mg (11.42%), Zinc: 1.48mg (9.86%), Calcium: 83.38mg (8.34%), Copper: 0.15mg (7.58%), Vitamin B3: 1.5mg (7.5%), Potassium: 242.65mg (6.93%), Magnesium: 21.49mg (5.37%), Vitamin C: 3.91mg (4.73%), Vitamin B1: 0.06mg (3.79%), Manganese: 0.06mg (2.93%), Fiber: 0.39g (1.57%)