



WHATSheATE



Scrambled Eggs With Smoked Salmon, Spinach, and Chives

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 large eggs
- ☐ 3 muffins whole wheat split english toasted
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces salmon smoked diced thinly sliced
- ☐ 1 cup pkt spinach fresh chopped

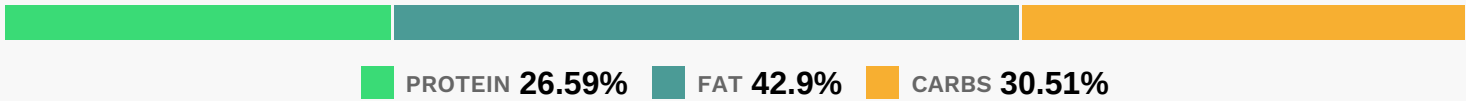
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Heat oil in medium nonstick skillet over medium heat.
- ☐ Combine eggs and pepper in medium bowl; stir well with whisk.
- ☐ Pour egg mixture into skillet; cook 30 seconds or until mixture begins to thicken, stirring slowly with wooden spoon.
- ☐ Stir in salmon and cream cheese; cook 30 seconds, smashing cream cheese lumps with spoon. Stir in spinach; cook 2 minutes or until spinach wilts and eggs are cooked, stirring constantly. Top each muffin half with 1/2 cup egg mixture.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:12.510869554851%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 156.01kcal (7.8%), Fat: 7.53g (11.58%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.01g (3.64%), Sugar: 2.48g (2.76%), Cholesterol: 158.26mg (52.75%), Sodium: 278.05mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Selenium: 28.92µg (41.32%), Manganese: 0.58mg (28.99%), Vitamin K: 26.12µg (24.87%), Vitamin D: 3.26µg (21.71%), Phosphorus: 188.7mg (18.87%), Vitamin B2: 0.25mg (14.95%), Vitamin A: 708.06IU (14.16%), Vitamin B12: 0.83µg (13.88%), Folate: 43.55µg (10.89%), Calcium: 105.76mg (10.58%), Vitamin B5: 0.96mg (9.65%), Iron: 1.7mg (9.47%), Vitamin B3: 1.71mg (8.55%), Vitamin B6: 0.17mg (8.33%), Fiber: 2.04g (8.16%), Magnesium: 31.88mg (7.97%), Vitamin E: 1.18mg (7.89%), Vitamin B1: 0.11mg (7.29%), Zinc: 1.06mg (7.1%), Copper: 0.13mg (6.53%), Potassium: 171.19mg (4.89%), Vitamin C: 1.4mg (1.7%)