



WHATSheATE



Scrambled omelette toast topper



Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



654 kcal

Ingredients

- ☐ 2 eggs
- ☐ 1 tbsp crème fraîche
- ☐ 25 g cheddar cheese grated
- ☐ 1 small bunch chives snipped
- ☐ 1 spring onion sliced
- ☐ 1 tsp cooking oil
- ☐ 3 cherry tomatoes halved
- ☐ 2 slices top toasted

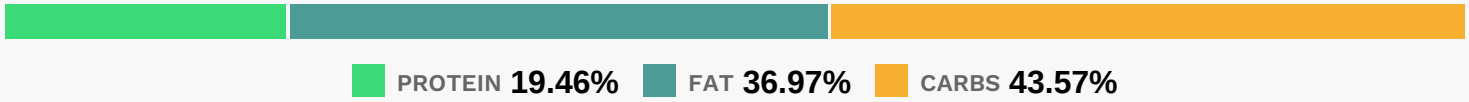
Equipment

☐ frying pan

Directions

- ☐ Beat together eggs, crme frache, cheese and chives with a little seasoning.
- ☐ Heat oil in a pan, then soften spring onion for a few mins.
- ☐ Add tomatoes and warm through, then pour in egg mixture. Cook over a low heat, stirring, until eggs are just set. Pile over toast.

Nutrition Facts



Properties

Glycemic Index:184.5, Glycemic Load:51.59, Inflammation Score:-8, Nutrition Score:31.793912929037%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 653.76kcal (32.69%), Fat: 26.9g (41.39%), Saturated Fat: 9.79g (61.2%), Carbohydrates: 71.33g (23.78%), Net Carbohydrates: 67.75g (24.63%), Sugar: 8.35g (9.28%), Cholesterol: 359.44mg (119.81%), Sodium: 1070.39mg (46.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.73%), Selenium: 71.51µg (102.15%), Vitamin B1: 0.98mg (65.45%), Vitamin B2: 1.1mg (64.97%), Folate: 223.28µg (55.82%), Phosphorus: 453.3mg (45.33%), Iron: 7.18mg (39.9%), Manganese: 0.79mg (39.34%), Vitamin K: 39.94µg (38.03%), Vitamin B3: 6.62mg (33.1%), Calcium: 322.64mg (32.26%), Vitamin A: 1343.61IU (26.87%), Zinc: 3.56mg (23.76%), Vitamin B5: 2.01mg (20.08%), Vitamin C: 16.32mg (19.78%), Vitamin B6: 0.36mg (18.09%), Vitamin B12: 1.07µg (17.89%), Vitamin E: 2.57mg (17.16%), Magnesium: 68.14mg (17.03%), Copper: 0.32mg (16.14%), Fiber: 3.59g (14.34%), Potassium: 461.59mg (13.19%), Vitamin D: 1.91µg (12.73%)