



Scrumptious Scramble



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 egg whites
- ☐ 1 tablespoon optional: dill dried fresh finely chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion diced red
- ☐ 4 servings salt and pepper
- ☐ 1 cup tomatoes diced cored seeded
- ☐ 2 tablespoons water
- ☐ 4 eggs whole

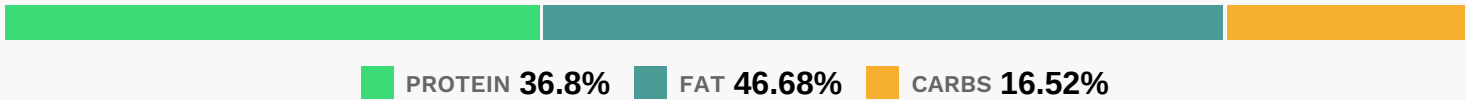
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium sized, non-stick skillet, heat the oil over medium heat.
- ☐ Add the onion and cook for 2 minutes, stirring once or twice.
- ☐ Add the tomatoes and cook for 1 minute more.
- ☐ Transfer the onion-tomato mixture to a bowl and set aside.
- ☐ In a medium bowl lightly beat together the whole eggs, egg whites and water, if using.
- ☐ Pour the egg mixture into the skillet and cook over a medium-low flame, stirring frequently, until the eggs are almost set.
- ☐ Drain any excess water from the tomato mixture and stir the mixture gently into the eggs. Toss in the dill, season with salt and pepper, and serve.
- ☐ Serve with a piece of whole-grain toast spread with 1/8 of an avocado, instead of butter.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:7.4165217824604%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 103.96kcal (5.2%), Fat: 5.36g (8.25%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.2g (2.45%), Cholesterol: 163.68mg (54.56%), Sodium: 310.69mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Selenium: 19.61µg (28.01%), Vitamin B2: 0.35mg (20.43%), Vitamin A: 592.17IU (11.84%), Phosphorus: 110.43mg (11.04%), Vitamin C: 6.96mg (8.43%), Vitamin B5: 0.79mg (7.89%), Folate: 31.27µg (7.82%), Iron: 1.31mg (7.28%), Potassium: 251.96mg (7.2%), Vitamin B6: 0.14mg (7.15%), Vitamin B12: 0.42µg (6.98%), Vitamin D: 0.88µg (5.87%), Manganese: 0.11mg (5.7%), Vitamin E: 0.81mg (5.41%), Calcium: 48.8mg (4.88%), Zinc: 0.7mg (4.67%), Magnesium: 18.14mg (4.53%), Copper: 0.07mg (3.67%), Vitamin K: 3.76µg (3.58%), Fiber: 0.89g (3.56%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.33mg (1.65%)