



Slow-Cooked Scrambled Eggs with Caviar

READY IN

ready

15 min.

SERVINGS

servings

2

CALORIES

calories

425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 slices day-old brioche toasted
- ☐ 2 teaspoons malossol caviar
- ☐ 4 extra large eggs
- ☐ 2 servings splash half-and-half
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons butter unsalted divided

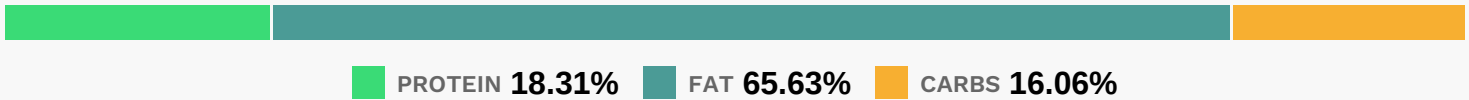
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the eggs in a bowl with the half-and-half, salt, and pepper.
- ☐ Heat 1 tablespoon of butter in a large saute or omelet pan.
- ☐ Add the eggs and cook them over medium heat, stirring constantly, until the desired doneness. Off the heat, add 1 more tablespoon of butter and stir until it's melted. Check for seasonings.
- ☐ Serve hot on a slice of toasted brioche with 1 teaspoon of caviar per person.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.12304360703%

Nutrients (% of daily need)

Calories: 425.14kcal (21.26%), Fat: 31.02g (47.72%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 17.07g (6.21%), Sugar: 0.46g (0.52%), Cholesterol: 535.92mg (178.64%), Sodium: 414.46mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.94%), Selenium: 37.79µg (53.98%), Vitamin B12: 2.01µg (33.47%), Vitamin B2: 0.55mg (32.31%), Vitamin A: 1303.03IU (26.06%), Phosphorus: 243.7mg (24.37%), Vitamin B5: 1.91mg (19.08%), Vitamin D: 2.59µg (17.29%), Iron: 2.9mg (16.14%), Folate: 55.56µg (13.89%), Vitamin E: 1.6mg (10.65%), Vitamin B6: 0.21mg (10.36%), Calcium: 100.92mg (10.09%), Zinc: 1.51mg (10.06%), Magnesium: 28.69mg (7.17%), Potassium: 168.83mg (4.82%), Copper: 0.09mg (4.45%), Vitamin B1: 0.06mg (3.68%), Manganese: 0.04mg (2.04%), Vitamin K: 1.44µg (1.37%)