



Slow-Cooked Scrambled Eggs with Goat Cheese



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 16 extra large eggs
- ☐ 2 tablespoons chives fresh minced
- ☐ 6 ounces goat cheese fresh such as Montrachet, crumbled
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup milk
- ☐ 4 tablespoons butter unsalted divided

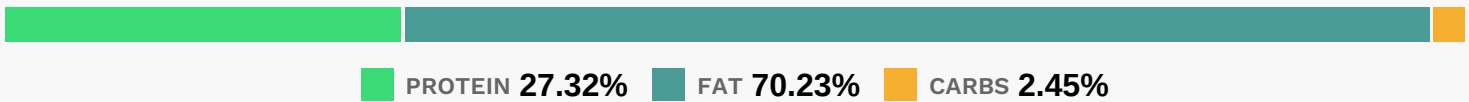
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a charcoal grill with coals.
- ☐ Spread them out in one dense layer.
- ☐ Whisk the eggs in a bowl with the milk, salt, and pepper.
- ☐ Heat 2 tablespoons of butter in a large saute or omelet pan over the hot grill.
- ☐ Add the eggs and cook them until the desired doneness, stirring constantly. Off the grill, add the goat cheese, chives, and the remaining 2 tablespoons of butter. Stir and allow the eggs to sit for 30 seconds, until the cheese begins to melt. Check for seasonings.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:17.449565147576%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 368.44kcal (18.42%), Fat: 28.41g (43.71%), Saturated Fat: 13.98g (87.4%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.81g (2.01%), Cholesterol: 591.07mg (197.02%), Sodium: 906.58mg (39.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.74%), Selenium: 47.14µg (67.35%), Vitamin

B2: 0.82mg (48.41%), Phosphorus: 392.01mg (39.2%), Vitamin A: 1410.33IU (28.21%), Vitamin B5: 2.57mg (25.75%), Vitamin B12: 1.51µg (25.14%), Vitamin D: 3.46µg (23.09%), Folate: 74.96µg (18.74%), Iron: 3.2mg (17.77%), Vitamin B6: 0.34mg (16.98%), Copper: 0.32mg (16.1%), Calcium: 152.95mg (15.3%), Zinc: 2.29mg (15.26%), Vitamin E: 1.85mg (12.34%), Potassium: 252.59mg (7.22%), Magnesium: 25.95mg (6.49%), Vitamin B1: 0.09mg (6.17%), Manganese: 0.11mg (5.42%), Vitamin K: 4.21µg (4.01%), Vitamin B3: 0.27mg (1.34%)