



Slow-Cooked Scrambled Eggs with Green Herbs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 10 extra large eggs
- 2 tablespoons optional: dill fresh minced
- 2 tablespoons parsley leaves fresh minced
- 1 teaspoon kosher salt
- 2 tablespoons scallions white green minced
- 2 tablespoons butter unsalted

6 tablespoons milk whole

Equipment

bowl

frying pan

whisk

spatula

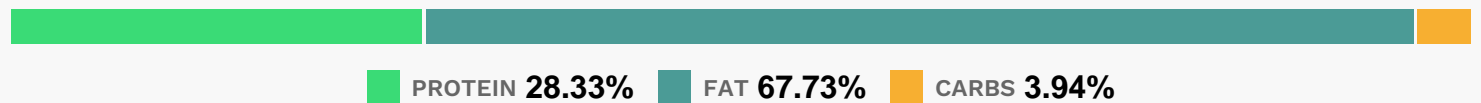
Directions

In a large bowl, whisk together the eggs, milk, salt pepper, parsley, scallions and dill. Melt the butter in a large saute or omelet pan.

Add the egg mixture and cook them over low heat, folding them over almost constantly with a rubber spatula, until the desired doneness. Check for seasonings.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:16.321739134581%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 266.28kcal (13.31%), Fat: 19.74g (30.37%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.69g (1.88%), Cholesterol: 538.55mg (179.52%), Sodium: 791.26mg (34.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Selenium: 43.51µg (62.16%), Vitamin B2: 0.68mg (39.92%), Vitamin K: 40.4µg (38.47%), Phosphorus: 304.4mg (30.44%), Vitamin A: 1182.57IU (23.65%), Vitamin B12: 1.38µg (22.99%), Vitamin B5: 2.25mg (22.52%), Vitamin D: 3.15µg (21.02%), Folate: 71.31µg (17.83%), Iron: 2.66mg (14.79%), Zinc: 1.94mg (12.96%), Vitamin B6: 0.26mg (12.83%), Calcium: 114.56mg (11.46%), Vitamin E:

1.68mg (11.18%), Potassium: 252.91mg (7.23%), Copper: 0.11mg (5.58%), Magnesium: 21.79mg (5.45%), Vitamin B1: 0.07mg (4.85%), Manganese: 0.08mg (4.21%), Vitamin C: 3.39mg (4.11%)