



Smoked Salmon and Leek Scramble with Meyer Lemon Crème Fraîche

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup crème fraîche sour
- ☐ 12 large eggs
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 2.3 cups leek thinly sliced ()
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon salt
- ☐ 8 ounces salmon smoked

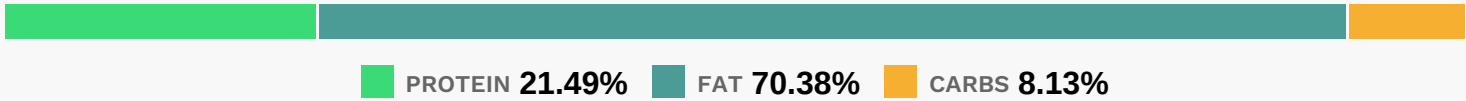
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together crème fraîche or sour cream, lemon peel, and 1/2 teaspoon salt in small bowl. Refrigerate until ready to use, up to 4 days ahead.
- ☐ Whisk together eggs, heavy whipping cream, and 1 teaspoon salt in large bowl. Refrigerate until ready to use, up to 2 hours ahead.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium heat.
- ☐ Add leeks and sauté covered until soft, stirring occasionally, about 10 minutes.
- ☐ Add 1 tablespoon olive oil to same skillet. Increase heat to medium-high.
- ☐ Pour egg mixture into pan. Cook until light and fluffy, stirring constantly with a rubber spatula, about 8 minutes. Spoon eggs onto warm serving platter. Top with Meyer lemon crème fraîche, smoked salmon, and chives
- ☐ Serve remaining Meyer lemon crème fraîche alongside.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:20.347391159638%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg,

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 405.89kcal (20.29%), Fat: 31.76g (48.86%), Saturated Fat: 14.53g (90.83%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.59g (2.76%), Sugar: 3.9g (4.33%), Cholesterol: 436.93mg (145.64%), Sodium: 852.61mg (37.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.65%), Selenium: 45.6µg (65.15%), Vitamin D: 8.94µg (59.6%), Vitamin B12: 2.25µg (37.51%), Vitamin B2: 0.63mg (36.85%), Vitamin A: 1827.51IU (36.55%), Phosphorus: 318.61mg (31.86%), Vitamin B5: 2.12mg (21.18%), Vitamin K: 20.02µg (19.07%), Vitamin B6: 0.38mg (19.05%), Folate: 73.31µg (18.33%), Vitamin E: 2.63mg (17.51%), Iron: 2.86mg (15.91%), Calcium: 139.35mg (13.94%), Zinc: 1.65mg (11%), Copper: 0.21mg (10.54%), Vitamin B3: 2.05mg (10.26%), Manganese: 0.2mg (10.14%), Potassium: 344.25mg (9.84%), Magnesium: 34.42mg (8.6%), Vitamin C: 5.69mg (6.9%), Vitamin B1: 0.08mg (5.56%), Fiber: 0.66g (2.64%)