



Smoked Salmon Scramble with Dill, Red Onion and Crème Fraîche

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoon butter
- 2 tablespoons crème fraîche
- 1 tablespoon optional: dill plus more for garnish finely chopped
- 12 eggs
- 4 servings pepper black freshly ground
- 1 small onion red finely chopped
- 4 ounces salmon smoked cut into 1/2 inch pieces

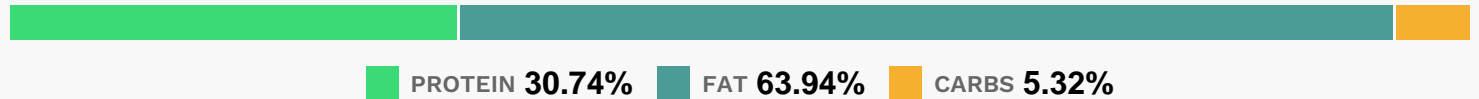
Equipment

- bowl
- frying pan
- whisk

Directions

- In a large bowl, whisk together crème fraiche and eggs. Set aside.
- Heat butter in a large non-stick skillet over medium heat until foaming subsides then add onion and cook until soft, about 4 minutes.
- Add dill and cook until fragrant, about 1 minute. Reduce heat to low and add eggs. Cook over low heat stirring constantly until eggs begin to thicken and begin to look custardy, about 12 minutes.
- Remove from heat and fold salmon into egg mixture and season to taste with salt and pepper.
- Serve eggs warm with optional garnish of dill, scallions, and lemon.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:17.353912685228%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 295.29kcal (14.76%), Fat: 20.65g (31.77%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.86g (2.07%), Cholesterol: 516.15mg (172.05%), Sodium: 457.75mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Selenium: 50.14µg (71.63%), Vitamin D: 7.49µg (49.92%), Vitamin B2: 0.65mg (38.37%), Vitamin B12: 2.12µg (35.39%), Phosphorus: 322.29mg (32.23%), Vitamin B5: 2.33mg (23.34%), Vitamin A: 958.59IU (19.17%), Folate: 68.57µg (17.14%), Vitamin B6: 0.34mg (16.97%),

Iron: 2.63mg (14.61%), Vitamin E: 1.96mg (13.07%), Zinc: 1.87mg (12.44%), Calcium: 91.75mg (9.18%), Copper: 0.17mg (8.68%), Potassium: 283.17mg (8.09%), Vitamin B3: 1.48mg (7.4%), Magnesium: 24.66mg (6.16%), Vitamin B1: 0.07mg (4.91%), Manganese: 0.09mg (4.6%), Vitamin C: 2.17mg (2.64%), Fiber: 0.49g (1.98%), Vitamin K: 1.28µg (1.22%)