



## Smoky Scrambled Eggs

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon add carrot and onion to bacon fat . cook
- 0.5 teaspoon dill weed dried
- 6 eggs
- 0.8 teaspoon garlic powder
- 1.5 teaspoons half-and-half cream
- 1.5 teaspoons mayonnaise
- 1.5 tablespoons bell pepper red chopped
- 1.5 tablespoons onion sweet finely chopped

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Whisk together the mayonnaise and half-and-half in a large bowl until smooth, then whisk in the eggs, dill weed, and garlic powder. Set aside.
- Heat the bacon drippings in a large skillet over medium heat. Stir in the red bell pepper; cook and stir until the bell pepper begins to soften, about 2 minutes. Stir in the ham and onion. Continue cooking and stirring until the onion is translucent and softened, about 5 minutes more.
- Pour in the egg mixture. Cook and stir until the eggs are set, about 5 minutes.

## Nutrition Facts

**PROTEIN 24.4%** **FAT 71.22%** **CARBS 4.38%**

## Properties

Glycemic Index:29, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:9.3404348466707%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 190.29kcal (9.51%), Fat: 14.83g (22.81%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.9g (1.01%), Cholesterol: 333.51mg (111.17%), Sodium: 147.57mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.86%), Selenium: 27.35µg (39.07%), Vitamin B2: 0.41mg (24.35%), Phosphorus: 183.6mg (18.36%), Vitamin B5: 1.38mg (13.85%), Vitamin B12: 0.79µg (13.17%), Vitamin A: 640.74IU (12.81%), Vitamin D: 1.88µg (12.54%), Folate: 45.18µg (11.29%), Iron: 1.7mg (9.46%), Vitamin B6: 0.19mg (9.31%), Zinc: 1.2mg (7.99%), Vitamin C: 6.31mg (7.64%), Vitamin E: 1.1mg (7.36%), Calcium: 57.01mg (5.7%), Potassium: 155.36mg (4.44%), Vitamin K: 3.8µg (3.62%), Copper: 0.07mg (3.62%), Magnesium: 13.17mg (3.29%), Vitamin B1: 0.04mg (2.98%), Manganese: 0.05mg (2.39%)