



Smoky Scrambled Eggs

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



208 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 tablespoons ham finely chopped
- 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



Properties

Glycemic Index:29, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:10.015217519325%

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: 208.25kcal (10.41%), Fat: 16.07g (24.72%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.9g (1.01%), Cholesterol: 338.09mg (112.7%), Sodium: 235.33mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.05%), Selenium: 29.03µg (41.47%), Vitamin B2: 0.43mg (25.31%), Phosphorus: 199.43mg (19.94%), Vitamin B5: 1.42mg (14.19%), Vitamin B12: 0.84µg (13.96%), Vitamin D: 1.93µg (12.88%), Vitamin A: 640.74IU (12.81%), Folate: 45.4µg (11.35%), Vitamin B6: 0.21mg (10.72%), Iron: 1.77mg (9.81%), Zinc: 1.37mg (9.14%), Vitamin C: 6.31mg (7.64%), Vitamin E: 1.13mg (7.53%), Vitamin B1: 0.09mg (5.94%), Calcium: 57.52mg (5.75%), Potassium: 176.51mg (5.04%), Copper: 0.08mg (3.93%), Magnesium: 14.57mg

(3.64%), Vitamin K: 3.8µg (3.62%), Manganese: 0.05mg (2.44%), Vitamin B3: 0.46mg (2.31%)