



Soft Scrambled Eggs With Avocado



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 avocados pitted peeled sliced
- ☐ 12 eggs
- ☐ 6 servings chives fresh chopped for garnish
- ☐ 0.3 cup heavy cream
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 3 tablespoons butter unsalted

Equipment

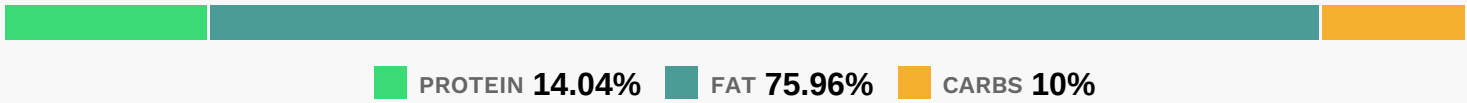
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Crack the eggs into a bowl.
- ☐ Add the cream and whisk until the eggs look foamy and light.
- ☐ Heat a 10-inch non-stick skillet over medium heat. Melt the butter until it foams, then turn the heat down to low and slowly pour in the eggs. Using a heat resistant rubber spatula, slowly stir the eggs from the outside of the pan to the center. Once the eggs begin to set, stirring slowly will create large, cloud-like curds. This sounds easy but perfect scrambled eggs that are soft and custard-like with no brown color are a sign of a really good cook. This process takes about 10 minutes. Season the eggs with a few cranks of black pepper and good salt, like fleur de sel.
- ☐ Serve with a few slices of avocado and a little chopped fresh chive.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:17.602173805237%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 371.1kcal (18.55%), Fat: 32.41g (49.86%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.3g (1.45%), Cholesterol: 353.62mg (117.87%), Sodium: 135.49mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Selenium: 27.8µg (39.71%), Vitamin B2: 0.56mg (32.66%), Folate: 124.44µg (31.11%), Vitamin B5: 2.78mg (27.83%), Fiber: 6.78g (27.14%), Phosphorus: 234.67mg

(23.47%), Vitamin K: 24.47µg (23.3%), Vitamin E: 3.26mg (21.74%), Vitamin B6: 0.41mg (20.66%), Vitamin A: 986.71IU (19.73%), Potassium: 624.25mg (17.84%), Vitamin B12: 0.81µg (13.52%), Vitamin D: 2.02µg (13.49%), Copper: 0.26mg (12.97%), Vitamin C: 10.69mg (12.96%), Zinc: 1.82mg (12.1%), Iron: 2.13mg (11.83%), Magnesium: 41.13mg (10.28%), Manganese: 0.18mg (9.21%), Vitamin B3: 1.83mg (9.16%), Calcium: 70.93mg (7.09%), Vitamin B1: 0.11mg (7.05%)