



# Soft Scrambled Eggs with Fresh Ricotta and Chives

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon kosher salt plus more for sprinkling
- ☐ 4 large eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 cup ricotta cheese fresh
- ☐ 4.3 inch bread whole lightly toasted

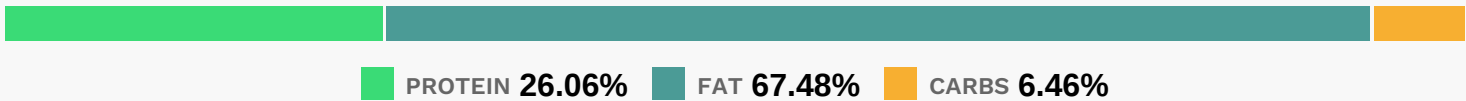
## Equipment

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

## Directions

- ☐ Whisk eggs, chopped chives, and 1/4 teaspoon fleur de sel in medium bowl until well blended. Melt butter in heavy medium nonstick skillet over medium heat. When foam subsides, add eggs and stir with heatproof silicone spatula until eggs are almost cooked but still runny in parts, tilting skillet and stirring with spatula to allow uncooked portion to flow underneath, about 2 minutes.
- ☐ Remove from heat.
- ☐ Add ricotta and stir just until incorporated but clumps of cheese are still visible.
- ☐ Arrange 2 toasts or 4 baguette slices on each of 2 plates. Spoon scrambled eggs atop toasts.
- ☐ Sprinkle with more fleur de sel and pepper.
- ☐ Garnish with whole chives, if desired.
- ☐ \* Available at some supermarkets and at specialty foods stores and Italian markets.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

## Nutrition Facts



## Properties

Glycemic Index:95.85, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:13.67565207896%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 315.5kcal (15.77%), Fat: 23.44g (36.06%), Saturated Fat: 11.91g (74.46%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.81g (0.9%), Cholesterol: 418.67mg (139.56%), Sodium: 554.59mg (24.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.73%), Selenium: 41.19µg (58.85%), Vitamin B2: 0.59mg (34.77%), Phosphorus: 310.18mg (31.02%), Vitamin A: 1056.29IU (21.13%), Calcium: 196.55mg (19.66%), Vitamin B12: 1.11µg (18.55%), Vitamin B5: 1.72mg (17.15%), Folate: 58.54µg (14.63%), Vitamin D: 2.12µg (14.16%), Zinc: 2.12mg (14.14%), Iron: 2.15mg (11.97%), Vitamin B6: 0.21mg (10.54%), Vitamin E: 1.31mg (8.76%), Manganese: 0.16mg (7.78%), Potassium: 223.04mg (6.37%), Magnesium: 23.84mg (5.96%), Copper: 0.1mg (5%), Vitamin K: 5.1µg (4.85%), Vitamin B1: 0.07mg (4.74%), Vitamin B3: 0.4mg (1.98%), Fiber: 0.37g (1.47%), Vitamin C: 0.87mg (1.06%)