



Soft Scrambled Eggs with Herbs and Shaved Truffles

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon chives snipped
- ☐ 6 large eggs beaten
- ☐ 1 tablespoon flat-leaf parsley finely chopped
- ☐ 2 servings salt and pepper freshly ground
- ☐ 2 servings buttered brioche toast for serving
- ☐ 1 small truffle fresh
- ☐ 1 tablespoon butter unsalted

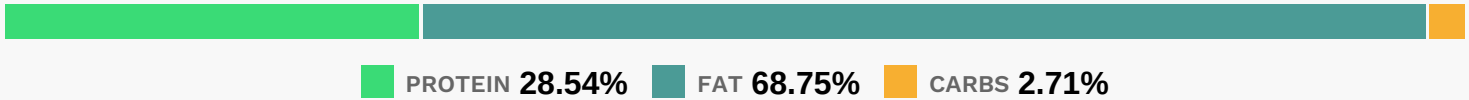
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Melt the butter in a large nonstick skillet.
- ☐ Add the eggs and season with salt and pepper. Cook over moderate heat, stirring gently with a wooden spoon, until the eggs are creamy, with large, soft curds, about 4 minutes. Stir in the chives and parsley and spoon the scrambled eggs onto warmed plates. Thinly shave the truffle all over the scrambled eggs and serve right away with the buttered brioche toast.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:16.353043512158%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 273.21kcal (13.66%), Fat: 20.51g (31.55%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.65g (0.72%), Cholesterol: 573.06mg (191.02%), Sodium: 414.65mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Selenium: 46.45µg (66.35%), Vitamin B2: 0.69mg (40.88%), Vitamin K: 37.27µg (35.5%), Phosphorus: 301.74mg (30.17%), Vitamin A: 1218.71IU (24.37%), Vitamin B5: 2.32mg (23.23%), Vitamin B12: 1.35µg (22.45%), Vitamin D: 3.11µg (20.7%), Folate: 76.36µg (19.09%), Iron: 2.81mg (15.62%), Zinc: 1.98mg (13.19%), Vitamin B6: 0.26mg (12.99%), Vitamin E: 1.83mg (12.2%), Calcium: 91.14mg (9.11%), Potassium: 225.55mg (6.44%), Copper: 0.12mg (5.8%), Magnesium: 20.03mg (5.01%), Vitamin B1: 0.07mg (4.49%), Vitamin C: 3.53mg (4.28%), Manganese: 0.06mg (2.79%)