



Soft Scrambled Eggs with Romano and Black Pepper with Tomato Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



1180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 eggs
- ☐ 1 handful basil fresh generous roughly chopped for serving
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 loaf bread italian
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 ounces coarsely pecorino romano cheese grated

- ☐ 3 large tomatoes ripe roughly chopped
- ☐ 4 tablespoons butter unsalted

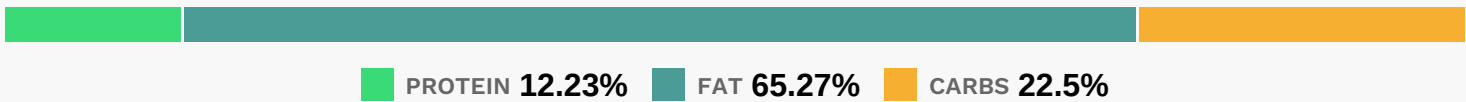
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat a grill pan over medium heat for 5 minutes. Slice the bread in half the long way.
- ☐ Brush the cut sides with 2 tablespoons olive oil, season with salt and pepper and grill, cut-side down, until nicely charred.
- ☐ Remove from the grill to a cutting board. While the bread toasts, toss the tomatoes with a bit of olive oil, salt, pepper and the chopped basil. Mound the mixture on the toasted bread. Melt the butter in a large nonstick saute pan over low heat. Crack the eggs into a bowl and whisk until light and fluffy with the coarse pepper.
- ☐ Add the eggs to the skillet and mix gently using a rubber spatula until soft curds form. Fold in the cheese and remove from the heat. Spoon the eggs onto 4 dinner plates. Slice the bruschetta into 4 or 8 pieces and put next to the eggs.
- ☐ Drizzle some olive oil over the bruschetta and scatter the basil leaves on top.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:27.648260904395%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 1179.8kcal (58.99%), Fat: 85.81g (132.01%), Saturated Fat: 39.89g (249.33%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 60.9g (22.15%), Sugar: 39.29g (43.66%), Cholesterol: 550.62mg (183.54%), Sodium: 956.5mg (41.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.36%), Selenium: 44.79µg (63.98%), Phosphorus: 555.47mg (55.55%), Vitamin B2: 0.84mg (49.5%), Vitamin A: 2344.96IU (46.9%), Calcium: 394.59mg (39.46%), Folate: 156.65µg (39.16%), Vitamin E: 4.54mg (30.24%), Vitamin B3: 6.04mg (30.2%), Iron: 5.39mg (29.97%), Vitamin B12: 1.52µg (25.27%), Vitamin B5: 2.28mg (22.85%), Vitamin C: 18.79mg (22.78%), Fiber: 5.67g (22.67%), Vitamin K: 23.65µg (22.53%), Potassium: 783.76mg (22.39%), Vitamin D: 2.99µg (19.94%), Zinc: 2.91mg (19.41%), Vitamin B1: 0.27mg (18.23%), Vitamin B6: 0.36mg (17.98%), Magnesium: 62.72mg (15.68%), Manganese: 0.23mg (11.66%), Copper: 0.19mg (9.56%)