



Spanish Breakfast Scramble

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups egg substitute
- ☐ 3 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup green onions sliced
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.3 teaspoon salt

☐ 0.8 cup tomatoes seeded chopped

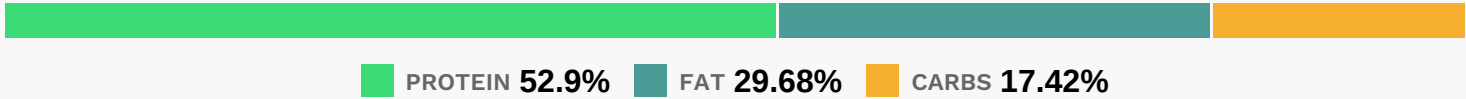
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add tomato, bell pepper, and onions; saut until tender, stirring occasionally.
- ☐ Remove mixture from pan, and set aside.
- ☐ Combine eggs and next 5 ingredients in a large bowl; beat well with a whisk.
- ☐ Pour mixture into pan, and cook over low heat, stirring occasionally. Cook until eggs are set but still moist.
- ☐ Remove from heat. Stir in reserved vegetable mixture.
- ☐ Transfer to serving plates, and serve immediately.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:14.21695658435%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 111.09kcal (5.55%), Fat: 3.66g (5.64%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.17g (1.52%), Sugar: 3.82g (4.24%), Cholesterol: 139.96mg (46.65%), Sodium: 389.96mg (16.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Selenium: 49.03µg (70.04%), Vitamin B2: 0.55mg (32.47%), Vitamin B5: 2.16mg (21.63%), Phosphorus: 166.43mg (16.64%), Vitamin C: 13.03mg (15.8%), Vitamin D: 2.36µg (15.72%), Vitamin K: 16.23µg (15.46%), Vitamin A: 766.27IU (15.33%), Iron: 2.65mg (14.7%), Vitamin E: 2.05mg (13.63%), Vitamin B12: 0.73µg (12.14%), Vitamin B6: 0.24mg (11.99%), Calcium: 115.51mg (11.55%), Potassium: 369.82mg (10.57%), Folate: 41.47µg (10.37%), Zinc: 1.52mg (10.13%), Vitamin B1: 0.15mg (10.05%), Magnesium: 25.21mg (6.3%), Manganese: 0.08mg (3.9%), Copper: 0.08mg (3.8%), Fiber: 0.67g (2.69%), Vitamin B3: 0.42mg (2.08%)