



Spiced scrambled eggs

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

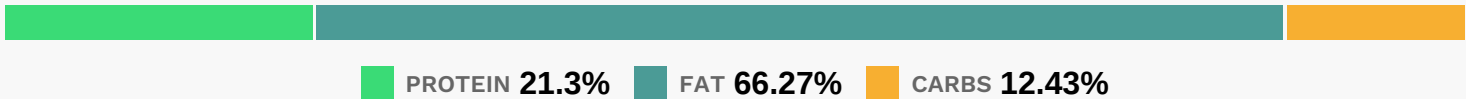
- ☐ 1 small onion chopped
- ☐ 1 to 5 chillies red chopped
- ☐ 1 knob butter
- ☐ 4 eggs beaten
- ☐ 1 tablespoon milk
- ☐ 1 handful tomatoes diced good
- ☐ 2 servings coriander leaves
- ☐ 2 servings buttered toast

Equipment

Directions

- Soften the onion and chilli in a knob of butter. Stir in the beaten eggs and a splash of milk. When nearly scrambled, gently stir in a good handful diced tomatoes followed by some coriander leaves. Season and eat on toast.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:14.349130475003%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 234.43kcal (11.72%), Fat: 17.35g (26.69%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.5g (3.89%), Cholesterol: 350.85mg (116.95%), Sodium: 206.8mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.09%), Vitamin C: 40.66mg (49.28%), Selenium: 28.15µg (40.22%), Vitamin B2: 0.46mg (27.26%), Phosphorus: 210.12mg (21.01%), Vitamin A: 1027.31IU (20.55%), Vitamin K: 17.98µg (17.12%), Vitamin B6: 0.32mg (15.87%), Vitamin B5: 1.48mg (14.8%), Folate: 57.35µg (14.34%), Vitamin B12: 0.84µg (14.03%), Iron: 2.31mg (12.81%), Vitamin D: 1.84µg (12.28%), Manganese: 0.18mg (9.02%), Zinc: 1.35mg (8.99%), Vitamin E: 1.35mg (8.99%), Potassium: 305.92mg (8.74%), Calcium: 85.93mg (8.59%), Magnesium: 27.6mg (6.9%), Copper: 0.13mg (6.28%), Vitamin B1: 0.09mg (5.94%), Fiber: 1.07g (4.27%), Vitamin B3: 0.55mg (2.74%)