

# Spicy Potatoes and Scrambled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 teaspoon chili powder
- 3 eggs
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 2 potatoes scrubbed
- 0.5 teaspoon salt
- 4 servings salt and pepper to taste
- 0.5 teaspoon turmeric

4 tablespoons vegetable oil divided

## Equipment

frying pan

microwave

## Directions

Poke potatoes with a fork so that their skins are pierced. Microwave potatoes on high until cooked inside. When potatoes are fully cooked, peel potatoes and cut potatoes to 1/8 size or to your liking. Set potatoes aside.

Add 2 tablespoons oil to skillet and scramble 3 eggs.

Add salt and pepper to taste. Keep warm until potatoes are ready.

In another skillet, heat 2 tablespoons oil until hot. Then add salt, cumin, coriander and turmeric powder. Put in chili powder if you want it really spicy.

Add potatoes and cook until potatoes are crispy and brown. Spicy potatoes and scrambled eggs are now ready to serve!

## Nutrition Facts



**PROTEIN 10.05%** **FAT 59.7%** **CARBS 30.25%**

## Properties

Glycemic Index:23.44, Glycemic Load:13.63, Inflammation Score:-9, Nutrition Score:10.162608644237%

## Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 252.69kcal (12.63%), Fat: 16.99g (26.15%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.76g (6.1%), Sugar: 0.98g (1.09%), Cholesterol: 122.76mg (40.92%), Sodium: 542.43mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin K: 27.44µg (26.14%), Vitamin C: 21.12mg (25.6%), Vitamin B6: 0.38mg (19.05%), Selenium: 10.59µg (15.13%), Potassium: 512.83mg (14.65%), Phosphorus: 129.74mg (12.97%), Vitamin B2: 0.19mg (11.14%), Vitamin E: 1.58mg (10.54%), Manganese: 0.21mg (10.52%), Fiber: 2.61g (10.45%), Iron: 1.77mg (9.83%), Vitamin B5: 0.82mg (8.23%), Folate: 32.74µg (8.19%),

Magnesium: 31.06mg (7.77%), Copper: 0.15mg (7.39%), Vitamin B1: 0.1mg (6.77%), Vitamin B3: 1.21mg (6.03%), Zinc: 0.78mg (5.21%), Vitamin A: 257.63IU (5.15%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Calcium: 36.94mg (3.69%)