



Sunrise Scramble

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 slices oscar mayer bacon fully cooked
- 1 large eggs lightly beaten
- 0.5 cranberry-orange relish seedless
- 5 servings bell pepper
- 1 Tbsp strawberry jam
- 2 slices bread whole wheat toasted
- 1 slice velveeta thick cubed ()
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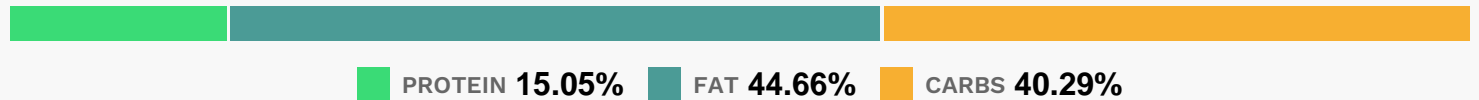
Equipment

- bowl
- microwave

Directions

- Spray small microwavable bowl with cooking spray.
- Add egg and VELVEETA; mix well. Season with pepper to taste. Microwave on HIGH 30 seconds; stir. Microwave 10 to 15 seconds longer or until egg is set and no visible liquid remains.
- Microwave bacon as directed on package. Meanwhile, toast bread slices; spread with jam.
- Serve eggs, bacon and toast with the orange.

Nutrition Facts



Properties

Glycemic Index:39.84, Glycemic Load:5.85, Inflammation Score:-9, Nutrition Score:13.163913094479%

Flavonoids

Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 134.44kcal (6.72%), Fat: 6.83g (10.51%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.27g (4.1%), Sugar: 6.82g (7.58%), Cholesterol: 45.91mg (15.3%), Sodium: 156.24mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 102.68mg (124.46%), Vitamin A: 2421.29IU (48.43%), Manganese: 0.33mg (16.58%), Vitamin B6: 0.3mg (15.09%), Selenium: 8.83µg (12.62%), Folate: 48.04µg (12.01%), Fiber: 2.59g (10.38%), Vitamin E: 1.43mg (9.52%), Vitamin B1: 0.14mg (9.1%), Vitamin B3: 1.8mg (9.01%), Vitamin B2: 0.15mg (8.62%), Phosphorus: 84.52mg (8.45%), Potassium: 251.92mg (7.2%), Vitamin B5: 0.57mg (5.73%), Magnesium: 21.82mg (5.45%), Iron: 0.87mg (4.83%), Zinc: 0.68mg (4.53%), Vitamin K: 4.55µg (4.34%), Calcium: 35.77mg (3.58%), Copper: 0.06mg (3.03%), Vitamin B12: 0.16µg (2.58%), Vitamin D: 0.25µg

(1.69%)