



Sweet Herb Scramble

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1.5 teaspoons marjoram dried
- ☐ 1.5 teaspoons parsley dried
- ☐ 1.5 teaspoons tarragon dried
- ☐ 6 eggs
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 teaspoons water

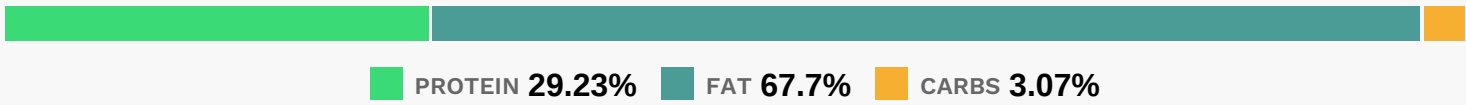
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, beat together the eggs and water until smooth. Stir in tarragon, marjoram and parsley.
- ☐ Heat butter in a skillet over medium heat. Cook, stirring frequently, until eggs are desired consistency. When eggs are nearly cooked, stir in cheese until melted.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:16.833912901256%

Flavonoids

Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg

Nutrients (% of daily need)

Calories: 326.79kcal (16.34%), Fat: 24.3g (37.39%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.59g (0.66%), Cholesterol: 524.66mg (174.89%), Sodium: 389.85mg (16.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.21%), Selenium: 48.62µg (69.46%), Vitamin B2: 0.75mg (44.16%), Phosphorus: 396.6mg (39.66%), Calcium: 293.83mg (29.38%), Vitamin B12: 1.48µg (24.64%), Vitamin A: 1128.85IU (22.58%), Vitamin B5: 2.14mg (21.44%), Vitamin D: 2.81µg (18.73%), Zinc: 2.81mg (18.72%), Folate: 72.5µg (18.12%), Iron: 2.92mg (16.22%), Vitamin B6: 0.28mg (14.08%), Vitamin E: 1.66mg (11.09%), Manganese: 0.17mg (8.54%), Magnesium: 29.33mg (7.33%), Potassium: 252.97mg (7.23%), Copper: 0.12mg (5.84%), Vitamin B1: 0.07mg (4.35%), Vitamin K: 2.73µg (2.6%), Vitamin B3: 0.26mg (1.3%), Vitamin C: 0.88mg (1.07%)