



Tasty Eggs for Two

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets fresh
- 2 tablespoons butter
- 0.5 cup finely-chopped ham julienned fully cooked
- 0.3 teaspoon optional: dill
- 4 eggs
- 1 cup hash browns frozen thawed cubed
- 0.3 teaspoon lemon pepper
- 1 tablespoon milk

0.3 cup onion chopped

Equipment

bowl

frying pan

Directions

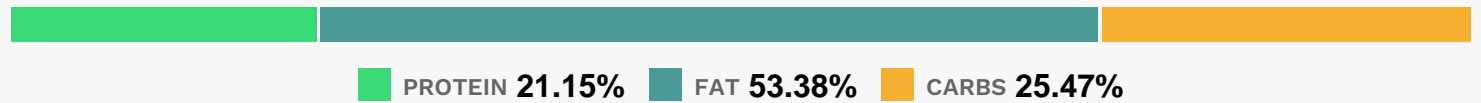
In a skillet, cook the potatoes and onion in butter over medium heat until lightly browned, about 10 minutes.

Add broccoli; cook until tender. Stir in ham.

In a bowl, beat eggs, milk, lemon-pepper and dill if desired.

Pour over potato mixture; cook for 3–5 minutes or until eggs are completely set, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:112.5, Glycemic Load:6.48, Inflammation Score:-7, Nutrition Score:22.378695487976%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 383.02kcal (19.15%), Fat: 22.96g (35.33%), Saturated Fat: 10.81g (67.53%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 21.59g (7.85%), Sugar: 2.32g (2.58%), Cholesterol: 378.98mg (126.33%), Sodium: 583.09mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.94%), Vitamin C: 57.27mg (69.42%), Selenium: 34.46µg (49.22%), Vitamin K: 48.17µg (45.87%), Phosphorus: 353.25mg (35.32%), Vitamin B2: 0.56mg (32.84%), Vitamin B5: 2.27mg (22.67%), Vitamin A: 1123.41IU (22.47%), Vitamin B1: 0.33mg (22.23%), Vitamin B6: 0.42mg (21.13%), Vitamin B12: 1.25µg (20.76%), Folate: 79.35µg (19.84%), Potassium: 691.08mg (19.75%), Iron: 3.21mg (17.84%), Manganese: 0.34mg (17.25%), Vitamin B3: 3.15mg (15.74%), Zinc: 2.25mg (15.02%), Vitamin D: 1.84µg (12.28%), Fiber: 3.06g (12.23%), Copper: 0.23mg (11.65%), Vitamin E: 1.61mg (10.76%), Magnesium: 41.21mg

(10.3%), Calcium: 101.18mg (10.12%)