



WHATSheATE



Toasted Manioc Flour with Eggs and Scallions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

Ingredients

- ☐ 5 large eggs
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 cups manioc flour
- ☐ 4 servings pepper black freshly ground
- ☐ 4 spring onion white green thinly sliced (and parts)
- ☐ 2 tablespoons butter unsalted

Equipment

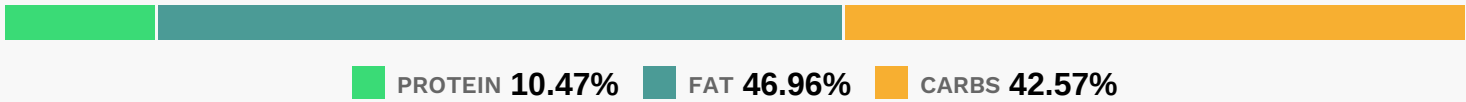
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a medium saucepan overlow heat.
- ☐ Add the manioc flour and toast itto a light golden color, stirring often, 8 to 10minutes. Make sure to stir constantly, otherwisethe flour will burn. Set aside.
- ☐ In a nonstick skillet, warm the olive oil overmedium heat, and cook the scallions untilthey just start to soften. Save a few slices ofscallion for garnish.
- ☐ Whisk the eggs in a small bowl and seasonwith salt and pepper.
- ☐ Pour the eggs intothe scallions and scramble them lightly,being careful not to overcook them.
- ☐ Addthe toasted manioc flour and stir everythingtogether. Season with salt and pepper.
- ☐ Pour into a serving dish and garnish with thereserved scallions.
- ☐ Recipes from The Brazilian Kitchen by
- ☐ Leticia Moreinos Schwartz (Kyle Books; 2010)

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:9.6786956294723%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 363.04kcal (18.15%), Fat: 18.78g (28.9%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 37.06g (13.48%), Sugar: 2.09g (2.32%), Cholesterol: 247.55mg (82.52%), Sodium: 93.85mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.85%), Vitamin K: 29.9µg (28.47%), Selenium: 19.33µg (27.62%), Iron: 3.8mg (21.09%), Vitamin B2: 0.3mg (17.52%), Phosphorus: 175.03mg (17.5%), Vitamin A: 632.62IU (12.65%), Vitamin E: 1.89mg (12.62%), Calcium: 113.33mg (11.33%), Vitamin B5: 0.98mg (9.76%), Vitamin B12: 0.57µg (9.47%), Folate: 37.28µg (9.32%), Vitamin D: 1.36µg (9.03%), Zinc: 0.86mg (5.74%), Vitamin B6: 0.11mg

(5.7%), Vitamin C: 4.51mg (5.46%), Fiber: 1.24g (4.95%), Potassium: 131.45mg (3.76%), Copper: 0.06mg (2.87%), Magnesium: 10.21mg (2.55%), Manganese: 0.05mg (2.49%), Vitamin B1: 0.03mg (2.14%)