



Todd's Scramble

READY IN



25 min.

SERVINGS



4

CALORIES



537 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 cups soup noodles such as elbow or pennette cooked
- 6 large eggs beaten at room temperature
- 8 ounces sausage sweet italian
- 1 teaspoon kosher salt
- 2 teaspoons olive oil extra-virgin
- 0.3 cup parmesan freshly grated
- 4 ounces provolone cheese shredded
- 0.3 teaspoon pepper flakes red

- 1 cup vegetables such as green beans or broccoli, chopped into 1/2-inch pieces (4 ounces) cooked
- 1 large shallots thinly sliced

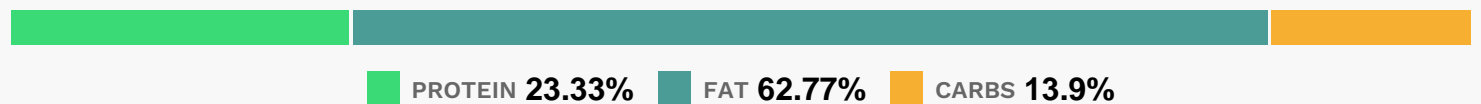
Equipment

- frying pan
- wooden spoon

Directions

- Watch how to make this recipe.
- In a 12-inch nonstick skillet, heat the oil over medium-high heat.
- Add the shallots and cook until soft, about 2 minutes.
- Add the sausage, red pepper flakes, if using, salt and pepper. Using a wooden spoon, break the sausage into 1/2-inch pieces. Cook, stirring occasionally, until cooked through, about 8 minutes.
- Add the pasta, vegetables and beaten eggs. Stir until the eggs are almost scrambled, about 2 to 3 minutes.
- Remove the skillet from the heat and stir in the cheese. Allow the cheese to melt slightly.
- Transfer the scramble to 4 plates and serve.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:7.36, Inflammation Score:-6, Nutrition Score:20.473478358725%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 536.59kcal (26.83%), Fat: 37.09g (57.06%), Saturated Fat: 15.33g (95.79%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.68g (6.07%), Sugar: 2.15g (2.39%), Cholesterol: 347.32mg (115.77%), Sodium:

1446.9mg (62.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Selenium: 54.98µg (78.54%), Phosphorus: 467.79mg (46.78%), Calcium: 382.11mg (38.21%), Vitamin B2: 0.6mg (35.1%), Vitamin B12: 1.7µg (28.29%), Vitamin B1: 0.4mg (26.42%), Zinc: 3.45mg (23.01%), Vitamin B6: 0.41mg (20.54%), Vitamin A: 947.31IU (18.95%), Iron: 3.17mg (17.61%), Vitamin B5: 1.74mg (17.44%), Manganese: 0.3mg (14.87%), Folate: 57.54µg (14.39%), Vitamin K: 14.41µg (13.72%), Vitamin B3: 2.37mg (11.86%), Potassium: 396.26mg (11.32%), Magnesium: 45.08mg (11.27%), Vitamin D: 1.68µg (11.22%), Copper: 0.18mg (9.06%), Vitamin E: 1.35mg (9%), Fiber: 1.81g (7.24%), Vitamin C: 4.99mg (6.05%)