



Tomato, basil & Parmesan scrambled eggs

READY IN



10 min.

SERVINGS



1

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 plum tomatoes
- ☐ 1 serving butter
- ☐ 1 tbsp parmesan grated (or vegetarian alternative)
- ☐ 2 large eggs free range
- ☐ 1 serving cup heavy whipping cream
- ☐ 1 serving ciabatta bread toasted
- ☐ 3 basil

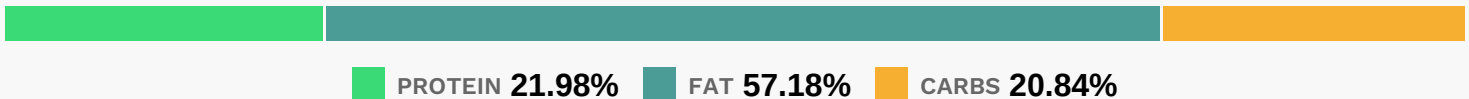
Equipment

frying pan

Directions

Cut a plum tomato into wedges and cook in the butter for about a minute. Stir 1 tbsp of grated Parmesan into the eggs with the cream then add to the pan and scramble (see Bill Granger's Perfect scrambled eggs for how best to do this). Spoon the eggs onto a serving plate. Scatter over a few torn basil leaves, some extra Parmesan and serve with toasted ciabatta on the side.

Nutrition Facts



Properties

Glycemic Index:185, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:13.538695791493%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 20.6g (31.69%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.81g (5.75%), Sugar: 2.49g (2.76%), Cholesterol: 403.1mg (134.37%), Sodium: 398.65mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Selenium: 32.33µg (46.18%), Vitamin B2: 0.52mg (30.36%), Vitamin A: 1504.26IU (30.09%), Phosphorus: 258.15mg (25.82%), Vitamin B5: 1.66mg (16.57%), Vitamin B12: 0.98µg (16.37%), Vitamin D: 2.27µg (15.1%), Folate: 58.22µg (14.55%), Calcium: 134.62mg (13.46%), Vitamin B6: 0.23mg (11.57%), Iron: 2.01mg (11.18%), Vitamin E: 1.66mg (11.06%), Vitamin C: 8.8mg (10.67%), Vitamin K: 11.09µg (10.56%), Zinc: 1.58mg (10.55%), Potassium: 308.53mg (8.82%), Copper: 0.12mg (5.82%), Magnesium: 22.94mg (5.73%), Manganese: 0.11mg (5.68%), Vitamin B1: 0.07mg (4.57%), Fiber: 1.07g (4.28%), Vitamin B3: 0.48mg (2.4%)