

Turkey Sausage, Chard & Sweet Potato Breakfast Scramble

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



572 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 portabello mushrooms coarsely chopped
- 6 ounces diestel breakfast sausage
- 2 stalks swiss chard chopped
- 6 eggs
- 2 stalks spring onion chopped
- 2 teaspoons olive oil
- 0.5 sweet potatoes and into

0.3 cup water

Equipment

frying pan

wooden spoon

spatula

Directions

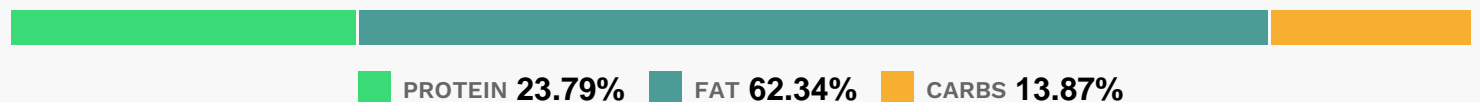
In a medium-sized skillet, heat about two teaspoons of olive oil on medium heat.

Add the chopped sweet potato and saut 3 or 4 minutes before adding a little liquid and covering. In about 2 minutes, check to see if the liquid has burned off. If it has, add a little more and cover again. Repeat this several times until the sweet potato is soften, but still al dente.

Add the mushrooms and the chopped chard stems. Saut another 3 to 5 minutes and add additional liquid if necessary. Move the veggies to one side of the skillet with a wooden spoon and add the ground breakfast sausage. Brown the meat and using the wooden spoon break it apart. Continue sauting until the sausage is cooked all the way through. Immediately add the green onion and chard leaves. Allow to steam for about 30 seconds before pouring the scrambled egg mixture evenly over the meat and veggies. This is where the technique comes in. Avoid the temptation to stir. Simply allow the skillet to sit 2 to three minutes. Then, using a wooden spoon or spatula, begin flipping sections of egg and veggies (similar to how you would fold whipped egg whites into a cake batter, just gently fold the scramble onto itself). Once all sections have been flipped over, everything to sit and cook another 2 or 3 minutes. Repeat the flipping. Continue doing this until the egg is no longer cooking to the skillet.

Serve with your favorite toppings!

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:6.12, Inflammation Score:-10, Nutrition Score:39.703043478261%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 571.94kcal (28.6%), Fat: 39.7g (61.08%), Saturated Fat: 12.27g (76.68%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 15.46g (5.62%), Sugar: 6.81g (7.56%), Cholesterol: 552.28mg (184.09%), Sodium: 876.48mg (38.11%), Protein: 34.1g (68.19%), Vitamin K: 427.4µg (407.05%), Vitamin A: 11847.56IU (236.95%), Selenium: 64.8µg (92.58%), Phosphorus: 565.33mg (56.53%), Vitamin B2: 0.96mg (56.36%), Vitamin B3: 10.33mg (51.65%), Vitamin B5: 4.57mg (45.74%), Vitamin B6: 0.84mg (42.2%), Potassium: 1257.21mg (35.92%), Copper: 0.7mg (34.87%), Vitamin B12: 1.96µg (32.68%), Zinc: 4.61mg (30.72%), Folate: 118.79µg (29.7%), Vitamin B1: 0.43mg (28.73%), Iron: 5.05mg (28.07%), Vitamin D: 4.12µg (27.49%), Manganese: 0.47mg (23.44%), Vitamin C: 18.61mg (22.55%), Vitamin E: 3.27mg (21.79%), Magnesium: 83.45mg (20.86%), Fiber: 4.41g (17.65%), Calcium: 136.35mg (13.64%)