



Tuscan Scrambled Eggs



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



3

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 large onion yellow peeled chopped
- ☐ 600 g canned tomatoes diced peeled chopped canned
- ☐ 6 eggs
- ☐ 3 servings salt and pepper freshly ground

Equipment

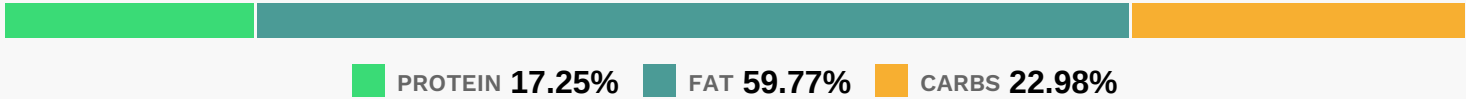
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Cook the onions until golden:
- ☐ Heat olive oil on medium heat in a nonstick skillet.
- ☐ Add the onions and cook until translucent, just starting to turn golden in color, about 6 minutes.
- ☐ Add the tomatoes and cook over low heat until the liquid evaporates, about 40 minutes.
- ☐ Whisk the eggs in a bowl until well blended. Season with a little salt and pepper.
- ☐ Add the eggs to the tomato and cook over medium heat, stirring constantly, and scraping from the bottom with a wooden spoon.
- ☐ Remove from heat as soon as the eggs begin to set, but are still moist, about 3 minutes. Turn out onto a serving plate.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:5.13, Inflammation Score:-7, Nutrition Score:20.037826164909%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 333.6kcal (16.68%), Fat: 22.98g (35.35%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 15.23g (5.54%), Sugar: 11.25g (12.5%), Cholesterol: 327.36mg (109.12%), Sodium: 585.03mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Selenium: 28.47µg (40.67%), Vitamin E: 5.45mg (36.33%), Vitamin B2: 0.52mg (30.57%), Vitamin C: 22.1mg (26.79%), Vitamin B6: 0.51mg (25.48%),

Phosphorus: 252.74mg (25.27%), Iron: 4.32mg (24.03%), Manganese: 0.46mg (22.78%), Copper: 0.45mg (22.45%), Potassium: 780.62mg (22.3%), Vitamin B5: 1.97mg (19.67%), Folate: 76.86µg (19.22%), Fiber: 4.65g (18.6%), Vitamin K: 19.49µg (18.56%), Vitamin A: 906.2IU (18.12%), Magnesium: 55.56mg (13.89%), Vitamin B1: 0.21mg (13.88%), Vitamin B12: 0.78µg (13.05%), Calcium: 129.04mg (12.9%), Vitamin B3: 2.57mg (12.84%), Zinc: 1.76mg (11.74%), Vitamin D: 1.76µg (11.73%)