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## Scrambled Eggs with Smoked Salmon and Lemon Cream ♦♦

Scrambled Eggs with Smoked Salmon and Lemon Cream is a delicious and elegant dish that combines creamy scrambled eggs with savory smoked salmon and tangy lemon cream. It is a perfect breakfast or brunch option that is sure to impress.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

4 pieces	Eggs
150 g	Smoked Salmon
60 ml	heavy cream
2 tsp	Lemon juice

<b>0.5 tsp</b>	Salt
<b>0.25 tsp</b>	Black pepper
<b>1 tbsp</b>	butter
<b>1 tbsp</b>	Chives

## Directions

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### Step 1

Mixing

In a bowl, whisk together the eggs, heavy cream, lemon juice, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Heat the butter in a non-stick skillet over medium heat. Pour in the egg mixture and cook, stirring constantly, until the eggs are creamy and slightly set.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Remove the skillet from the heat and stir in the smoked salmon and chives.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 4

Serve the scrambled eggs with smoked salmon and lemon cream hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	20 g	71.43%	80%
Cholesterol	400 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	26 mcg	47.27%	47.27%

## Recipe Attributes

### Seasonality

Spring

Summer

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

## Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium

## Kitchen Tools

Blender Oven

## Course

Appetizers Main Dishes Salads Soups Sauces & Dressings

## Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

## Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

## Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe  
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

## Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet

Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet

Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet

16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet

Low FODMAP Diet    Slow Carb Diet    Vegetarian Diet    Vegan Diet

Raw Food Diet    Pescatarian Diet    Ovo-Vegetarian Diet    Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet    Fruitarian Diet    Engine 2 Diet    Blood Type Diet

Ayurvedic Diet    Traditional Chinese Medicine (TCM) Diet    Anti-Inflammatory Diet

The Acid Reflux Diet    Gluten-Free Diet    Low Glycemic Index Diet

Low Sodium Diet    The Fast Metabolism Diet    Nutrient Timing Diet

The 80/10/10 Diet    The Gerson Therapy    The Swiss Secret Diet

The Scarsdale Diet    The Cabbage Soup Diet    The Hallelujah Diet

The Mayo Clinic Diet    The Beverly Hills Diet    The Hollywood Diet

The Lemonade Diet    The Grapefruit Diet    The Rice Diet

The Sleeping Beauty Diet    The Baby Food Diet    The 3-Hour Diet

The French Women Don't Get Fat Diet    The Cookie Diet    The F-Plan Diet

The Israeli Army Diet    The Air Diet    The Breatharian Diet    The Werewolf Diet

The Five-Bite Diet    The Negative Calorie Diet    The Ice Cream Diet

The Master Cleanse Diet    The Subway Diet    The SlimFast Diet

The Cambridge Diet    The Shangri-La Diet    The Best Life Diet    The 3-Day Diet

The CICO (Calories In, Calories Out) Diet    The Eat-Clean Diet

The Peanut Butter Diet    The Bulletproof Diet    The Carnivore Diet

The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet

The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet

The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet   The Low Oxalate Diet   The Diabetes Diet

The Hypothyroidism Diet   The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)   The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet   The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet   The Arthritis Diet   The Osteoporosis Diet

The Heart-Healthy Diet   The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet   The High-Fiber Diet   The Low-Fat Diet

The High-Protein Diet   The Low-Protein Diet   The High-Calcium Diet

The High-Potassium Diet   The Low-Potassium Diet   The High-Iron Diet

The Low-Iron Diet   The Low-Phosphorus Diet   The High-Vitamin D Diet

The High-Vitamin C Diet   The High-Vitamin K Diet   The Low-Vitamin K Diet

The Low-Copper Diet   The Spring Detox Diet   The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet   The Winter Warming Diet   The Low-Sulfur Diet

The High-Sulfur Diet   The Eczema Diet   The Psoriasis Diet   The Rosacea Diet

The Acne Diet   The Migraine Diet   The Celiac Disease Diet

The Gallbladder Diet   The Kidney Stone Diet   The Anti-Anxiety Diet

The Depression Diet   The Adrenal Fatigue Diet   The Endometriosis Diet

The Hashimoto's Disease Diet   The Lyme Disease Diet   The Diverticulitis Diet

The Restless Leg Syndrome Diet   The Tinnitus Diet   The Interstitial Cystitis Diet

The Gastroparesis Diet   The Menopause Diet   The Post-Pregnancy Diet

The Fertility Diet   The Breastfeeding Diet   The Low-Nickel Diet

The Chronic Urticaria Diet   The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet   The Raynaud's Disease Diet

The Sjögren's Syndrome Diet   The Low Tyramine Diet   The Lactose-Free Diet

The Fructose Malabsorption Diet   The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet   The Chronic Pancreatitis Diet

The Sarcoidosis Diet   The Leaky Gut Syndrome Diet   The Behçet's Disease Diet



The Graves' Disease Diet    The Addison's Disease Diet  
The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet  
The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet  
The Seasonal Affective Disorder (SAD) Diet  
The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet  
The Bipolar Disorder Diet    The Schizophrenia Diet  
The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet  
Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

### Cooking Method

Grilling    Frying    Baking    Boiling    Steaming    Microwaving    Blanching  
Sautéing    Roasting    Smoking    Curing    Blending    Grinding    Freezing  
Canning    Drying    Pickling    Sous Vide    Pasteurizing    Fermenting    Infusing  
Pressing    Jellying    Carbonating    Whipping    Stirring    Simmering    Cutting  
Cut    Mixing    Resting    Plating    Serving    Cooking    None    Stir-frying  
Mashing    Preheating    Sprinkling    Heating    Refrigerating    Preparation  
Cooling    Oven    Stove

### Healthy For

Gastroesophageal reflux disease (GERD)    Gastritis    Peptic ulcer disease  
Inflammatory bowel disease (IBD)    Irritable bowel syndrome (IBS)    Celiac disease  
Diverticulitis    Hemorrhoids    Appendicitis    Gallstones    Pancreatitis  
Liver disease    Gastroparesis    Gastroenteritis    Hepatitis    Colorectal cancer

### Difficulty Level

Medium

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