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Two Eggs Breakfast with Veggie Sausage

A delicious and nutritious breakfast recipe featuring scrambled eggs and veggie sausage. Perfect for a vegetarian diet.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

2 pieces	Eggs
100 g	veggie sausage
0.5 tsp	Salt
0.5 tsp	Pepper
1 tbsp	cooking oil

Directions

Step 1

Frying

Heat the cooking oil in a frying pan over medium heat.

Prep Time: 2 mins

Cook Time: 2 mins

Step 2

Frying

Add the veggie sausage to the pan and cook until heated through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Mixing

In a bowl, whisk the eggs with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Frying

Pour the egg mixture into the pan with the veggie sausage.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Frying

Cook the eggs, stirring occasionally, until they are fully cooked.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Serving

Serve the scrambled eggs with veggie sausage hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring

Nutritional Content

Low Calorie

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Easter

Demographics

Kids Friendly

Teen Friendly

Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Hallelujah Diet

The Mayo Clinic Diet

The Lemonade Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

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