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Scrambled Eggs and Broccoli ♦

Scrambled Eggs and Broccoli is a delicious and nutritious dish that combines protein-rich eggs with fiber-packed broccoli. It is a versatile recipe that can be enjoyed for breakfast, brunch, or even as a quick and easy dinner option. The eggs are scrambled to perfection, and the broccoli adds a fresh and vibrant touch to the dish. It is a satisfying and healthy meal that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

4 pieces	Eggs
200 g	broccoli
1 tsp	salt
0.5 tsp	black pepper

2 tbsp olive oil

Directions

Step 1

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Sautéing

Add broccoli florets to the pan and sauté for 5 minutes, until tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

In a separate bowl, whisk together eggs, salt, and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stove

Pour the egg mixture into the pan with the broccoli and cook, stirring occasionally, until the eggs are scrambled and cooked through.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Soups

Difficulty Level

Medium

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