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Parsley and Tomato Scramble ♦♦

A delicious and nutritious vegetarian scramble made with parsley and tomatoes. This dish is packed with flavor and can be enjoyed for breakfast, brunch, or any meal of the day. It is a healthy and satisfying option for vegetarians.

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

50 g	Parsley
200 g	Tomatoes
4 pieces	eggs
1 tsp	salt
1 tsp	pepper

2 tbsp olive oil

Directions

Step 1

Cut

Chop the parsley and tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mix

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

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Sautéing

Add the chopped parsley and tomatoes to the pan and cook for 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Stir-frying

Pour the whisked eggs into the pan and cook until scrambled, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	400 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Meal Type

Breakfast Brunch Lunch Dinner

Course

Salads

Cultural

Chinese New Year Diwali Oktoberfest Passover

Cost

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

Demographics

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

Diet

Mediterranean Diet

Difficulty Level

Medium

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