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## Sriracha Scrambled Eggs and Ham

Sriracha Scrambled Eggs and Ham is a delicious and spicy breakfast dish. The combination of fluffy scrambled eggs, savory ham, and spicy sriracha sauce creates a flavorful and satisfying meal. This recipe is perfect for those who enjoy a little heat in their morning routine.

**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

<b>4 units</b>	Eggs
<b>200 g</b>	Ham
<b>2 tsp</b>	sriracha sauce
<b>0.5 tsp</b>	Salt
<b>0.5 tsp</b>	Pepper

1 tbsp butter

## Directions

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### Step 1

Mixing

Beat the eggs in a bowl and season with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Heat butter in a non-stick skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 3

Stirring

Add the beaten eggs to the skillet and cook, stirring occasionally, until scrambled and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 4

Stir-frying

Add the ham to the skillet and cook for an additional 2 minutes, until heated through.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 5

Remove from heat and drizzle sriracha sauce over the scrambled eggs and ham.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 2 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	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 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	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	300 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%

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

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Difficulty Level

Medium

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