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## Egg and Asparagus Scramble ♦♦

A delicious and nutritious breakfast option that combines fluffy scrambled eggs with fresh asparagus. This dish is perfect for starting your day off right!

**Recipe Type:** Standard

**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

<b>4 pieces</b>	Eggs
<b>200 g</b>	asparagus
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>2 tbsp</b>	olive oil

# Directions

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## Step 1

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Add asparagus to the skillet and cook for 5 minutes, or until tender.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 3

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Stove

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Remove from heat and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 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	2 g	5.26%	8%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	400 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring

Summer

### Meal Type

Breakfast

Lunch

Brunch

Dinner

Snack

Supper

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Salads

Snacks

## Cultural

Chinese New Year

Oktoberfest

Easter

## Demographics

Lactation Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

## Difficulty Level

Easy

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