



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Hawaiian Pineapple Egg Scramble ♦

The Hawaiian Pineapple Egg Scramble is a delicious breakfast dish that combines the sweet flavors of pineapple with savory scrambled eggs. It is a popular dish in Hawaii and is often enjoyed as a hearty breakfast to start the day. The eggs are cooked with diced pineapple, onions, and bell peppers, giving it a tropical twist. It is a filling and nutritious meal that is perfect for those who love the combination of sweet and savory flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 pieces	Eggs
200 g	Pineapple
100 g	onion
100 g	bell pepper

1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add diced onions and bell peppers to the pan and sauté until they are soft and translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

In a bowl, whisk the eggs until well beaten. Season with salt and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stove

Add the whisked eggs to the pan with the sautéed onions and bell peppers. Cook, stirring occasionally, until the eggs are fully cooked and scrambled.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Stove

Add the diced pineapple to the pan and cook for an additional 2 minutes, until heated through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Remove from heat and serve hot. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	320 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	20 mcg	133.33%	133.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Breakfast Lunch Snack Brunch Dinner Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium

Kitchen Tools

Blender Oven Microwave Slow Cooker

Course

Appetizers Side Dishes Salads Snacks

Cultural

Chinese New Year Diwali Easter

Difficulty Level

Medium

Visit our website: healthdor.com