

All Recipes

Al 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%

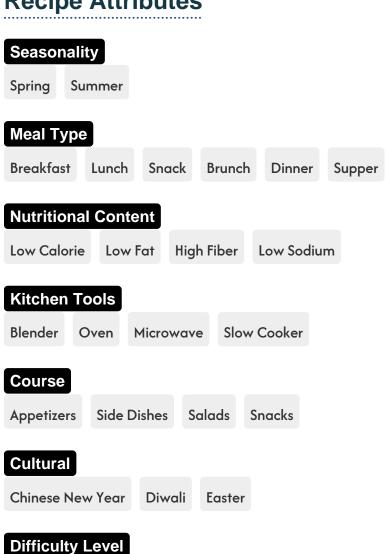
Minerals

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

Medium



Visit our website: healthdor.com