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Sausage and Egg White Scramble ♦♦

Sausage and Egg White Scramble is a delicious and protein-packed breakfast dish. It is made by combining sausage and egg whites in a skillet and cooking them until they are light and fluffy. This dish is perfect for those who are looking for a high-protein and low-fat breakfast option.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	Sausage
200 g	Egg whites
0.5 tsp	salt
0.5 tsp	pepper
5 tsp	olive oil

Directions

Step 1

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add sausage to the skillet and cook until browned.

Prep Time: 0 mins

Cook Time: 8 mins

Step 3

Remove sausage from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

In the same skillet, add egg whites, salt, and pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Scramble the egg whites until cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Add cooked sausage back to the skillet and stir to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

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)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

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

Easy

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