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## Zucchini Scramble

Zucchini scramble is a delicious breakfast dish made with fresh zucchini, eggs, and various seasonings. It is a savory and filling meal that can be enjoyed by the whole family. The zucchini adds a unique flavor and texture to the dish, making it a healthy and nutritious option for breakfast or brunch.

**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

<b>500 g</b>	zucchini
<b>4 pieces</b>	eggs
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

<b>2 tbsp</b>	Olive oil
<b>1 tsp</b>	Garlic powder
<b>1 tsp</b>	Onion powder
<b>1 tsp</b>	Paprika

## Directions

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### Step 1

#### Preparation

Grate the zucchini and squeeze out any excess moisture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a bowl, beat the eggs and season with salt, black pepper, garlic powder, onion powder, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Stove

Heat olive oil in a skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 4

Stove

Add the grated zucchini to the skillet and cook for 5 minutes, until softened.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Stove

Pour the beaten eggs over the zucchini and cook for 5-7 minutes, stirring occasionally, until the eggs are fully cooked.

**Prep Time:** 0 mins

**Cook Time:** 7 mins

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## Step 6

Serving

Remove from heat and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	210 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Kitchen Tools

Slow Cooker Blender

### Nutritional Content

Low Calorie

### Diet

Anti-Inflammatory Diet

### Cuisines

Italian

### Cultural

Chinese New Year Diwali Hanukkah Oktoberfest Passover Ramadan  
St. Patrick's Day Thanksgiving Christmas Easter Halloween

### Difficulty Level

Medium

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