



Healthdor

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## Egg White Avocado & Tomato Scramble ♦♦

This delicious and healthy scramble is made with fluffy egg whites, creamy avocado, and juicy tomatoes. It's a perfect vegetarian breakfast or brunch option that is packed with nutrients and flavor.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 2

**Serving Size:** 200 g

### Ingredients

200 g	Egg whites
100 g	Avocado
100 g	Tomato
0.5 tsp	salt

0.25 tsp	pepper
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5 tsp	olive oil
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## Directions

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### Step 1

Stove

In a non-stick skillet, heat olive oil over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 2

Stove

Add the egg whites to the skillet and cook for 2-3 minutes, stirring occasionally.

**Prep Time:** 1 mins

**Cook Time:** 3 mins

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### Step 3

Stove

Add the avocado and tomato to the skillet and cook for another 2-3 minutes, until the vegetables are slightly softened.

**Prep Time:** 1 mins

**Cook Time:** 3 mins

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## Step 4

Stove

Season with salt and pepper, and stir to combine. Cook for an additional 1 minute.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 5

Remove from heat and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 12 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
Fibers	6 g	15.79%	24%
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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Picnic

## Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

## Kitchen Tools

Slow Cooker

## Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

## Difficulty Level

Medium

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