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Scrambled Eggs with Bell Pepper and Feta

Scrambled eggs with bell pepper and feta is a delicious and nutritious breakfast option. It is made by combining scrambled eggs with sautéed bell pepper and crumbled feta cheese. This dish is packed with protein and vitamins, making it a perfect way to start your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
100 g	bell pepper
50 g	feta cheese

0.5 tsp salt

0.25 tsp black pepper

1 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 bell pepper to the pan and sauté for 3-4 minutes until slightly softened.

Prep Time: 2 mins

Cook Time: 4 mins

Step 3

In a bowl, whisk the eggs with salt and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

Pour the whisked eggs into the pan with the sautéed bell pepper.

Prep Time: 1 mins

Cook Time: 3 mins

Step 5

Stove

Stir the eggs continuously until they are cooked to your desired consistency.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Crumble feta cheese over the scrambled eggs and stir to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
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	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	350 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Difficulty Level

Medium

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