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Egg and Onion Scramble ♦

Egg and Onion Scramble is a classic breakfast dish that is made by scrambling eggs with sautéed onions. It is a hearty and flavorful dish that is perfect for starting your day.

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

4 pieces	Eggs
100 g	onion
1 tsp	salt
0.5 tsp	pepper
20 g	butter

Directions

Step 1

Crack the eggs into a bowl and whisk them together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat a skillet over medium heat and melt the butter.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add the chopped onion to the skillet and sauté until translucent.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Pour the whisked eggs into the skillet with the onions.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Stir the eggs and onions together until the eggs are fully cooked.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Season with salt and pepper to taste.

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: 150 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 2 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	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack

Course

Sauces & Dressings Appetizers Main Dishes Salads Snacks

Cultural

Chinese New Year Easter

Cost

Under \$10 Over \$50

Demographics

Senior Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Easy

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