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# Scrambled Eggs with Smoked Salmon ·\*

Scrambled eggs with smoked salmon is a delicious and nutritious breakfast dish. The creamy scrambled eggs are paired with the smoky and savory flavor of the salmon, creating a perfect combination. This dish is often enjoyed with a side of toast or bagel. It is a popular choice for brunches and special occasions.

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	Smoked Salmon
20 g	butter

0.5 tsp	salt
0.5 tsp	pepper
10 g	Chives

#### **Directions**

#### Step 1

Crack the eggs into a bowl and beat them until well mixed.

Prep Time: 2 mins

Cook Time: 2 mins

#### Step 2



Melt the butter in a non-stick skillet over medium heat.

Prep Time: 1 mins

Cook Time: 2 mins

#### Step 3

Stove

Pour the beaten eggs into the skillet and stir gently with a spatula.

Prep Time: 1 mins

Cook Time: 3 mins

#### Step 4

Stove

Continue stirring the eggs until they are softly set.

Prep Time: 0 mins

Cook Time: 2 mins

#### Step 5

Remove the skillet from heat and season the eggs with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

#### Step 6

Divide the scrambled eggs onto serving plates.

Prep Time: 0 mins

Cook Time: 0 mins

#### Step 7

Top the scrambled eggs with smoked salmon slices.

Prep Time: 0 mins

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#### Step 8

Garnish with chopped chives.

Prep Time: 0 mins

Cook Time: 0 mins

### **Nutrition Facts**

Calories: 350 kcal

**Fat:** 20 g

Protein: 35 g

Carbohydrates: 2 g

# **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

## 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	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	400 mg	N/A	N/A

#### **Vitamins**

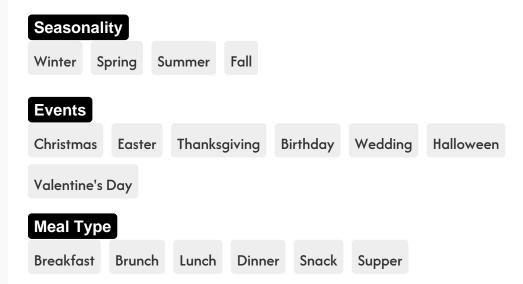
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	150 mcg	6250%	6250%

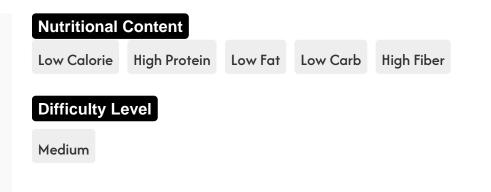
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	25 mcg	166.67%	166.67%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

# **Recipe Attributes**





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