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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

Stove

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

Cook Time: 0 mins

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

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween

Valentine's Day

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Difficulty Level

Medium

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