

Scrambled egg toast

by Waldemar Tomme

Ingredients

Ingredient	Amount
Egg	3
Toast	2
Sunflower Oil	1 tbsp

Instructions

1. Crack eggs into bowl
2. Swirl
3. Cut toast into squares
4. Put toast into bowl
5. Mix
6. Season
7. Put oil into pan
8. Put the mix into pan
9. Swirl in pan until fried as wished

Nutrients

Nutrient	per 100g	Total
Energy	228kCal	571kCal
Carbohydrates	14g	35g
Dietary Fiber		
Sugar	2g	5g
Fat	15g	36g
Saturated Fat	4g	8g
Trans Fat		
Cholesterol	237mg	594mg
Sodium	79mg	198mg
Protein	12g	28g
Vitamin A	7%	16%
Vitamin C	0%	0%
Calcium	4%	8%
Iron	4%	10%

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Last update: **2020/01/11 11:49**

