

Scrambled Bruschetta

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Servings: 6

6 eggs

salt and pepper (to taste)

1/2 cup chopped vegetables (such as mini sweet peppers, grape tomatoes and green onions)

6 slices French bread

Beat together the eggs, salt and pepper.

Heat the butter in a large nonstick skillet on medium-high. Add the egg mixture and vegetables. Cook, stirring frequently, until the eggs are set and the vegetables are warm.

Meanwhile, heat the broiler.

Arrange the bread slices on a baking sheet. Broil for 1 to 2 minutes per side until light golden brown.

Top the bread with the egg mixture. Garnish with fresh herbs, if desired.

Serve warm.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 1317 Calories; 19g Fat (12.9% calories from fat); 46g Protein; 236g Carbohydrate; 14g Dietary Fiber; 212mg Cholesterol; 2832mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 3 Fat.

Breakfast, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	1317	Vitamin B6 (mg):	.3mg
% Calories from Fat:	12.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	72.8%	Thiamin B1 (mg):	2.4mg
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	19g	Folacin (mcg):	455mcg
Saturated Fat (g):	4g	Niacin (mg):	22mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	212mg
Carbohydrate (g):	236g
Dietary Fiber (g):	14g
Protein (g):	46g
Sodium (mg):	2832mg
Potassium (mg):	580mg
Calcium (mg):	366mg
Iron (mg):	12mg
Zinc (mg):	5mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	244IU
Vitamin A (r.e.):	70RE

Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	15 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	1317	Calories from Fat:	170
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% Daily Values*

Total Fat	19g	29%
Saturated Fat	4g	22%
Cholesterol	212mg	71%
Sodium	2832mg	118%
Total Carbohydrates	236g	79%
Dietary Fiber	14g	54%
Protein	46g	
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Vitamin A		5%
Vitamin C		0%
Calcium		37%
Iron		69%

* Percent Daily Values are based on a 2000 calorie diet.