

## Veggie and Egg Scramble

30 oz egg mixture (see recipe)    ½ tsp sea salt  
 5 cups mixed vegetables, fresh,    ½ tsp pepper  
   sautéed  
 20 slices turkey bacon  
 10 slices bread, gluten-free  
 10 tsp butter



### Procedure

1 Sauté vegetables in non-stick pan. Add egg mixture and scramble. Season to taste.

Servings: 10

Yield: 3 oz. scrambled eggs, 1 slice toast, 2 slices turkey bacon

### Nutrition Facts

Serving size: 1/10 of a recipe.

Amount Per Serving	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value</b>
<b>Total Fat 16g</b>	<b>25%</b>
<b>Sodium 931mg</b>	<b>39%</b>
<b>Total Carbohydrates 28g</b>	<b>9%</b>
<b>Fiber 9.5g</b>	<b>38%</b>
<b>Protein 30g</b>	<b>60%</b>

### Recipe Type

Breakfast

FredFit

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