

Italian Scramble

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-scramble-recipe>

Ingredients:

- 1/2 teaspoon coconut oil
- 1 1/2 cups kale chopped
- 1/2 cup cherry tomatoes
- 1/4 teaspoon rosemary minced
- 2 eggs
- 1 teaspoon balsamic vinaigrette
- 1/4 avocado

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 425 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 170 milligrams
9. Sugar: 5 grams

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