

Tuscan Scrambled Eggs

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-scrambled-eggs>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 yellow onion large, peeled and chopped
- 1 1/4 pounds plum tomatoes
- 14 ounces diced tomatoes
- 6 eggs
- salt
- freshly ground pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 425 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 420 milligrams
9. Sugar: 12 grams

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