

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Sunrise Scramble with Home Fries and Avocado Toast

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 3.5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Lots of ingredients in this recipe and because it is a three part recipe, it can be a bit of a nuisance first thing in the morning, but great for a brunch to impress!
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	See above, it was easy to follow recipe however!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Fairly low in cost, although because there is an abundance of ingredients, it can add up. You could easily do without the toast in my opinion – because there is so much there already.
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 3.5/5
<i>Did it take the amount of time indicated?</i>	A bit time consuming to prepare all three parts, but Angela does a good job at laying it out so that you aren't rushing
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 5/5
<i>Did the end product look appealing?</i>	I was most impressed by the appearance at the end of it!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Really great overall taste. I could have added a bit more spices to the scramble, I ended up adding hot sauce to spice it up. Some fresh basil would be fantastic
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	I think next time, no mushrooms. It competed in texture with the already soft scramble (but just my opinion). The texture of the potatoes, however, were unreal! (so it bumps this score up!)
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very filling, like I said you could probably omit the toast, and add more potatoes!
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	343 calories per serving is pretty unreal for such a heavy breakfast, and it was high in protein (18.6 g) which is always a huge plus for breakfast
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 2/5
<i>Could this item be made into a leftover?</i>	I really didn't care for it leftover... the scramble got a bit soggy and the potatoes
<i>If so, how does it taste the next day, the day after?</i>	

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Are there certain instructions that need following (ie. keep in freezer?)

weren't nearly as crispy. This is a 'day of' sort of breakfast/brunch!

OVERALL SCORE:

40/50

