



On-the-Go Cheesy Spinach Scramble

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



25 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup baby spinach leaves
- 0.5 cup cholesterol-free egg product
- 1 milk singles 2% kraft
- 1 multi-grain muffin split english toasted
- 1 dash pepper black

Equipment

- frying pan

Directions

- Cook spinach in nonstick skillet on medium heat 1 min. or until spinach starts to wilt.
- Add egg product and pepper; cook and stir 1 to 2 min. or until soft set.
- Fill muffin halves with egg mixture and Singles.

Nutrition Facts



Properties

Glycemic Index:13.37, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:2.1604347695475%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 24.91kcal (1.25%), Fat: 1.26g (1.94%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.18g (0.2%), Cholesterol: 45.21mg (15.07%), Sodium: 31.09mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin K: 7.52µg (7.16%), Selenium: 4.47µg (6.39%), Vitamin A: 206.51IU (4.13%), Manganese: 0.08mg (3.9%), Vitamin B2: 0.06mg (3.72%), Phosphorus: 30.84mg (3.08%), Folate: 9.8µg (2.45%), Vitamin B5: 0.21mg (2.07%), Iron: 0.33mg (1.81%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.24µg (1.62%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.21mg (1.43%), Calcium: 13.02mg (1.3%), Magnesium: 4.83mg (1.21%), Vitamin E: 0.17mg (1.16%), Vitamin B1: 0.02mg (1.14%)