



Scrambled Eggs with Spinach & Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups baby spinach
- ☐ 1 serving pepper black freshly ground
- ☐ 2 large eggs
- ☐ 1 serving kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoons parmesan grated
- ☐ 1 serving pepper red crushed

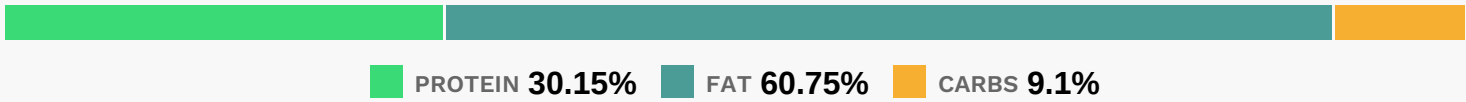
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk 2 large eggs in a small bowl; season with kosher salt and freshly ground black pepper and set aside.
- ☐ Heat 1 teaspoon olive oil in a medium nonstick skillet over medium heat.
- ☐ Add 3 cups baby spinach and cook, tossing, until wilted, about 1 minute.
- ☐ Add eggs; cook, stirring occasionally, until just set, about 1 minute. Stir in 1-2 tablespoons grated Parmesan.
- ☐ Sprinkle with crushed red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:29.321304466413%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 224.55kcal (11.23%), Fat: 15.44g (23.76%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.93g (1.04%), Cholesterol: 375.4mg (125.13%), Sodium: 519.89mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Vitamin K: 439.77µg (418.83%), Vitamin A: 9611.9IU (192.24%), Folate: 222.53µg (55.63%), Selenium: 33.14µg (47.34%), Manganese: 0.88mg (44.18%), Vitamin B2: 0.66mg (38.98%), Vitamin C: 25.3mg (30.67%), Phosphorus: 282.96mg (28.3%), Vitamin E: 4.23mg (28.19%), Iron: 4.61mg (25.61%), Magnesium: 88.46mg (22.11%), Calcium: 211.5mg (21.15%), Vitamin B6: 0.39mg (19.61%), Potassium: 685.21mg (19.58%), Vitamin B5: 1.63mg (16.33%), Vitamin B12: 0.95µg (15.83%), Vitamin D: 2.03µg (13.5%), Zinc: 1.99mg (13.28%), Fiber: 2.7g (10.81%), Copper: 0.21mg (10.6%), Vitamin B1: 0.12mg (7.82%), Vitamin B3: 0.97mg (4.87%)