



Healthdor

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Egg White Delight ♦♦

A delicious and healthy recipe made with egg whites. It is a popular breakfast option and is loved by people of all ages. The egg whites are whipped to perfection and combined with various ingredients to create a light and fluffy dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Egg whites
1 tsp	salt
1 tsp	pepper
50 g	spinach
50 g	Tomatoes

25 g Onions

Directions

Step 1

Separate the egg whites from the yolks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whisk the egg whites until they form soft peaks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Season the egg whites with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Fold in the spinach, tomatoes, and onions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

Heat a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Stove

Pour the egg white mixture onto the pan and cook for 4-5 minutes, until the bottom is golden brown.

Prep Time: 0 mins

Cook Time: 4 mins

Step 7

Stove

Flip the egg white delight and cook for another 1-2 minutes, until the other side is golden brown.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 20 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	4 mg	0.12%	0.15%
Zinc	2 mg	18.18%	25%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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