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Spinach, Pepper, and Tomato Scramble on Toast

A delicious vegetarian breakfast recipe that combines the flavors of spinach, pepper, and tomato in a scrambled egg mixture. Served on toast, this dish is perfect for starting your day with a healthy and filling meal.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

100 g	spinach
50 g	Pepper
50 g	Tomato
4 pieces	eggs

4 slices	bread
20 g	butter
0.5 tsp	salt
0.5 tsp	pepper

Directions

Step 1

Cutting

Wash and chop the spinach, pepper, and tomato.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, beat the eggs and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Heat butter in a pan over medium heat. Add the chopped vegetables and sauté until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stirring

Pour the beaten eggs into the pan with the vegetables. Stir gently until the eggs are cooked and scrambled.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Toasting

Toast the bread slices and spread butter on them.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the scrambled egg mixture on top of the buttered toast slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 15 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	300 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

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

Medium

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