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## Spinach Scramble ♦♦

A delicious vegetarian breakfast option made with spinach and eggs.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g	spinach
4 pieces	Eggs
1 teaspoon	salt
1 teaspoon	pepper
2 tablespoon	olive oil

# Directions

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## Step 1

Stove

Heat olive oil in a pan.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Add spinach to the pan and cook until wilted.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 3

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Stove

Pour the beaten eggs into the pan with the spinach and cook until scrambled.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

## Step 5

Serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 5 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	280 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

**Seasonality**

Spring

**Meal Type**

Breakfast

Lunch

Brunch

Supper

## Nutritional Content

Low Calorie

## Course

Salads

Snacks

## Cultural

Chinese New Year

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

## Difficulty Level

Medium

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