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Spinach Eggs with Salsa ♦

Spinach Eggs with Salsa is a delicious and nutritious breakfast dish. It combines the flavors of sautéed spinach, scrambled eggs, and tangy salsa. This recipe is perfect for those who want a healthy and filling meal to start their day.

Recipe Type: Standard

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

200 g	spinach
4 pieces	Eggs
100 g	salsa
1 tsp	salt
1 tsp	pepper

2 tbsp olive oil

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add spinach to the pan and sauté for 3-4 minutes until wilted.

Prep Time: 1 mins

Cook Time: 4 mins

Step 3

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

Pour the beaten eggs into the pan with the sautéed spinach.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Cook the eggs, stirring occasionally, until they are fully cooked and scrambled.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serve the spinach eggs with salsa on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	400 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Easy

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