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Pesto Scrambled Egg Whites ♦♦

Pesto Scrambled Egg Whites is a healthy and delicious breakfast option. It is made by combining fluffy egg whites with flavorful pesto sauce. The dish is low in calories and high in protein, making it perfect for those who are watching their weight or following a high-protein diet. The pesto adds a burst of flavor to the egg whites, making them taste even more delicious.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Egg whites
50 g	pesto sauce
2 g	Salt
2 g	Pepper

5 g olive oil

Directions

Step 1

Mixing

In a bowl, whisk together the egg whites, salt, and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Heat olive oil in a non-stick skillet over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stirring

Pour the egg mixture into the skillet and cook, stirring occasionally, until the eggs are cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stirring

Remove from heat and stir in the pesto sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 16 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

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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