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Scrambled Eggs with Spinach & Parmesan ♦

Scrambled eggs with spinach and parmesan is a delicious and nutritious breakfast option. The eggs are cooked until light and fluffy, and then mixed with sautéed spinach and grated parmesan cheese. It's a simple and easy recipe that can be enjoyed by anyone.

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

4 pieces	Eggs
100 g	spinach
50 g	parmesan cheese

0.5 tsp	Salt
0.25 tsp	Pepper
20 g	butter

Directions

Step 1

In a bowl, whisk the eggs with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat butter in a pan over medium heat. Add spinach and sauté until wilted.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stirring

Pour the whisked eggs into the pan with spinach. Cook, stirring constantly, until the eggs are cooked to your desired consistency.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Remove from heat and sprinkle grated parmesan cheese on top. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 18 g

Protein: 16 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
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	4 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	18 g	64.29%	72%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Seasonality

Winter
 Spring
 Summer

Meal Type

Breakfast
 Brunch
 Lunch
 Dinner
 Snack
 Supper

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Difficulty Level

Medium

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