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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

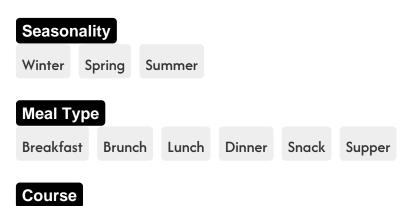
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%

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



Cultural	
Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberf	est
Passover Ramadan St. Patrick's Day Thanksgiving	

Difficulty Level

Medium

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