



MEDITERRANEAN MORNING SCRAMBLE

The Mediterranean diet is considered one of the healthiest. This egg-filled breakfast with Mediterranean ingredients offers protein and vitamins A, C, K and folate.

 5 minutes 10 minutes 1 portion

INGREDIENTS

- 1 large egg, [50 g]
- 4 large egg whites, [132 g]
- 3 tbsp of ricotta, skim [37 g]
- 3/4 cup of spinach, raw [23 g]

COOKING METHOD

- 1° Lightly beat eggs. Using a cooking spray, add to a non-stick pan and scramble.
- 2° Top eggs with ricotta and spinach

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [242 g] | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 83 kcal | 201 kcal | 10 % |
| FAT | 4 g | 9 g | 14 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 4 g | 20 % |
| CHOLESTEROL | 84 mg | 204 mg | 68 % |
| SODIUM | 144 mg | 349 mg | 15 % |
| CARBOHYDRATE | 2 g | 5 g | 2 % |
| SUGARS | 1 g | 1 g | — |
| FIBER | 0 g | 0 g | 2 % |
| PROTEIN | 10 g | 24 g | — |