



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	—