

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

285 Kcal / serving

14g Protein 24g Fat 4g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Basil, 0.5 teaspoon (0.5 g)
- Oregano, 0.5 teaspoons (1 g)
- Salt, 0.3 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 0.3 teaspoon (0.5 g)
- Pepper, 0.3 teaspoon (0.5 g)



Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

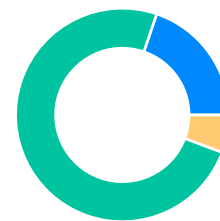
Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 569.7 | 173.7 | 284.9 |
| Protein [g] | 28.4 | 8.7 | 14.2 |
| Fat [g] | 47.6 | 14.5 | 23.8 |
| Carbs [g] | 8.2 | 2.5 | 4.1 |
| Fiber [g] | 3 | 0.9 | 1.5 |



Protein Fat Carbs

Macronutrient breakdown per ingredient (total)

| | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] |
|--|------------------|----------------|------------|--------------|--------------|
| Eggs 4 large (200 g) | 286 | 25.1 | 19 | 1.4 | - |
| Basil 0.5 teaspoon (0.5 g) | 1.2 | 0.1 | - | 0.2 | 0.2 |
| Oregano 0.5 teaspoons (1 g) | 2.7 | 0.1 | - | 0.7 | 0.4 |
| Salt 0.3 teaspoon (1.4 g) | - | - | - | - | - |
| Olive oil 2 servings (28 g) | 247.5 | - | 28 | - | - |
| Garlic 2 clove (6 g) | 8.9 | 0.4 | - | 2 | 0.1 |
| Baby spinach 3 cup (90 g) | 20.7 | 2.6 | 0.4 | 3.3 | 2 |
| Pepper flakes 0.3 teaspoon (0.5 g) | 1.4 | 0.1 | 0.1 | 0.2 | 0.2 |
| Pepper 0.3 teaspoon (0.5 g) | 1.3 | 0.1 | - | 0.3 | 0.1 |

Macronutrient breakdown per ingredient (per serving)

| | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] |
|--|------------------|----------------|------------|--------------|--------------|
| Eggs 4 large (200 g) | 143 | 12.6 | 9.5 | 0.7 | - |
| Basil 0.5 teaspoon (0.5 g) | 0.6 | 0.1 | - | 0.1 | 0.1 |
| Oregano 0.5 teaspoons (1 g) | 1.4 | 0.1 | - | 0.4 | 0.2 |
| Salt 0.3 teaspoon (1.4 g) | - | - | - | - | - |
| Olive oil 2 servings (28 g) | 123.8 | - | 14 | - | - |
| Garlic 2 clove (6 g) | 4.5 | 0.2 | - | 1 | 0.1 |
| Baby spinach 3 cup (90 g) | 10.4 | 1.3 | 0.2 | 1.7 | 1 |
| Pepper flakes 0.3 teaspoon (0.5 g) | 0.7 | 0.1 | 0.1 | 0.1 | 0.1 |
| Pepper 0.3 teaspoon (0.5 g) | 0.7 | 0.1 | - | 0.2 | 0.1 |

Micronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------------|-------|--------|----------|
| Fiber [g] | 3 | 0.9 | 1.5 |
| Calcium, Ca [mg] | 243.7 | 74.3 | 121.9 |
| Iron, Fe [mg] | 7.2 | 2.2 | 3.6 |
| Magnesium, Mg [mg] | 104.5 | 31.9 | 52.3 |
| Phosphorus, P [mg] | 454.4 | 138.6 | 227.2 |
| Potassium, K [mg] | 844.9 | 257.6 | 422.5 |
| Sodium, Na [mg] | 924.7 | 282 | 462.4 |
| Zinc, Zn [mg] | 3.2 | 1 | 1.6 |
| Vitamin A, RAE [ug] | 743.1 | 226.6 | 371.6 |
| Vitamin E [mg] | 8.4 | 2.6 | 4.2 |
| Vitamin D [ug] | 4 | 1.2 | 2 |
| Vitamin C [mg] | 27.2 | 8.3 | 13.6 |
| Thiamin [mg] | 0.2 | 0.1 | 0.1 |
| Riboflavin [mg] | 1.1 | 0.3 | 0.6 |
| Niacin [mg] | 1 | 0.3 | 0.5 |
| Vitamin B6 [mg] | 0.6 | 0.2 | 0.3 |
| Vitamin B12 [ug] | 1.8 | 0.5 | 0.9 |
| Vitamin K [ug] | 468.3 | 142.8 | 234.2 |

Micronutrient breakdown per ingredient (total)

| | EGGS | BASIL | OREGANO | SALT | OLIVE OIL | GARLIC | BABY SPINACH | PEPPER FLAKES | PEPPER |
|---------------------|------|-------|---------|-------|-----------|--------|--------------|---------------|--------|
| Fiber [g] | - | 0.2 | 0.4 | - | - | 0.1 | 2 | 0.2 | 0.1 |
| Calcium, Ca [mg] | 112 | 11.2 | 16 | 0.3 | 0.3 | 10.9 | 89.1 | 1.7 | 2.2 |
| Iron, Fe [mg] | 3.5 | 0.4 | 0.4 | - | 0.2 | 0.1 | 2.4 | 0.1 | - |
| Magnesium, Mg [mg] | 24 | 3.6 | 2.7 | - | - | 1.5 | 71.1 | 0.7 | 0.9 |
| Phosphorus, P [mg] | 396 | 1.4 | 1.5 | - | - | 9.2 | 44.1 | 1.5 | 0.8 |
| Potassium, K [mg] | 276 | 13.2 | 12.7 | 0.1 | 0.3 | 24.1 | 502.2 | 9.8 | 6.6 |
| Sodium, Na [mg] | 284 | 0.4 | 0.3 | 559.1 | 0.6 | 1 | 71.1 | 8.2 | 0.1 |
| Zinc, Zn [mg] | 2.6 | - | - | - | - | 0.1 | 0.5 | - | - |
| Vitamin A, RAE [ug] | 320 | 0.2 | 0.9 | - | - | - | 422.1 | - | - |
| Vitamin E [mg] | 2.1 | 0.1 | 0.2 | - | 4 | - | 1.8 | 0.2 | - |
| Vitamin D [ug] | 4 | - | - | - | - | - | - | - | - |
| Vitamin C [mg] | - | - | - | - | - | 1.9 | 25.3 | - | - |
| Thiamin [mg] | 0.1 | - | - | - | - | - | 0.1 | - | - |
| Riboflavin [mg] | 0.9 | - | - | - | - | - | 0.2 | - | - |
| Niacin [mg] | 0.2 | - | - | - | - | - | 0.7 | 0.1 | - |
| Vitamin B6 [mg] | 0.3 | - | - | - | - | 0.1 | 0.2 | - | - |
| Vitamin B12 [ug] | 1.8 | - | - | - | - | - | - | - | - |
| Vitamin K [ug] | 0.6 | 8.6 | 6.2 | - | 16.9 | 0.1 | 434.6 | 0.5 | 0.8 |

Micronutrient breakdown per ingredient (per serving)

| | EGGS | BASIL | OREGANO | SALT | OLIVE OIL | GARLIC | BABY SPINACH | PEPPER FLAKES | PEPPER |
|---------------------|------|-------|---------|-------|-----------|--------|--------------|---------------|--------|
| Fiber [g] | - | 0.1 | 0.2 | - | - | 0.1 | 1 | 0.1 | 0.1 |
| Calcium, Ca [mg] | 56 | 5.6 | 8 | 0.2 | 0.2 | 5.5 | 44.6 | 0.9 | 1.1 |
| Iron, Fe [mg] | 1.8 | 0.2 | 0.2 | - | 0.1 | 0.1 | 1.2 | 0.1 | - |
| Magnesium, Mg [mg] | 12 | 1.8 | 1.4 | - | - | 0.8 | 35.6 | 0.4 | 0.5 |
| Phosphorus, P [mg] | 198 | 0.7 | 0.8 | - | - | 4.6 | 22.1 | 0.8 | 0.4 |
| Potassium, K [mg] | 138 | 6.6 | 6.4 | 0.1 | 0.2 | 12.1 | 251.1 | 4.9 | 3.3 |
| Sodium, Na [mg] | 142 | 0.2 | 0.2 | 279.6 | 0.3 | 0.5 | 35.6 | 4.1 | 0.1 |
| Zinc, Zn [mg] | 1.3 | - | - | - | - | 0.1 | 0.3 | - | - |
| Vitamin A, RAE [ug] | 160 | 0.1 | 0.5 | - | - | - | 211.1 | - | - |
| Vitamin E [mg] | 1.1 | 0.1 | 0.1 | - | 2 | - | 0.9 | 0.1 | - |
| Vitamin D [ug] | 2 | - | - | - | - | - | - | - | - |
| Vitamin C [mg] | - | - | - | - | - | 1 | 12.7 | - | - |
| Thiamin [mg] | 0.1 | - | - | - | - | - | 0.1 | - | - |
| Riboflavin [mg] | 0.5 | - | - | - | - | - | 0.1 | - | - |
| Niacin [mg] | 0.1 | - | - | - | - | - | 0.4 | 0.1 | - |
| Vitamin B6 [mg] | 0.2 | - | - | - | - | 0.1 | 0.1 | - | - |
| Vitamin B12 [ug] | 0.9 | - | - | - | - | - | - | - | - |
| Vitamin K [ug] | 0.3 | 4.3 | 3.1 | - | 8.5 | 0.1 | 217.3 | 0.3 | 0.4 |