

# Eggs, Spinach & Almonds



15 min.



1 serving



PER SERVING  
172 CAL  
FAT: 8g  
CARB: 3g  
PROTEIN: 21g

E4L

## INGREDIENTS

- 3 Egg Whites
- 1 large Egg
- ½ cup Spinach
- 5 Almonds
- 1 dash Salt
- 1 dash Pepper

## DIRECTIONS

1. Prepare egg and egg whites in a bowl.
2. Add spinach, salt & pepper to bowl.
3. Scramble eggs in a heated pan.
4. Serve with almonds.



Original Recipe: <https://www.eatthismuch.com/recipe/view/eggs-spinach-almonds,795687/>