

Spinach, Bacon & Cheese Scramble

6 ingredients · 10 minutes · 1 serving



Directions

1. In a small bowl whisk the eggs and add the bacon. Season with salt and pepper.
2. Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat and enjoy!

Ingredients

- 2 Egg
- 2 slices Bacon, Cooked (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 milliliters Extra Virgin Olive Oil
- 90 grams Baby Spinach
- 42 grams Cheddar Cheese (shredded)

Nutrition

Amount per serving

Fat	33g	Vitamin C	25mg
Carbs	6g	Iron	5mg
Fiber	2g	Folate	233µg
Sugar	1g	Vitamin B12	1.5µg
Protein	31g	Magnesium	99mg
Vitamin A	9507IU		

