



Categories: Family Friendly. Keto. Low Carb.

Eggs with Spinach and Smoked Salmon

Yield: 1 serving

Prep time: minimal

Total time: 10 minutes

Ingredients

Butter | 1 Tablespoon

Heavy Whipping Cream | 2 Tablespoons

Eggs | 2, large

Baby Spinach | 1 oz

Wild Atlantic Smoked Salmon | 2 oz

Salt | ¼ tsp

Ground Black Pepper | dash (to taste)

Directions

Heat the butter in a frying pan. Add the baby spinach and fry until soft.

Add whipping cream and let it bubble until creamy (about 30 seconds,) Crack eggs into the pan and stir to incorporate. Season with salt and pepper. Stir until cooked to your preference.

Serve eggs with 2 oz smoked salmon.

Macronutrient Breakdown

Calories: 446 kcal | Carbohydrates: 2.5 g | Protein: 25.6 g | Fat: 36.7 g | Sodium: 770.5 mg

Scrambled eggs with spinach and smoked salmon

Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
Calories	446 kcal	22 %
Total Fat	36.7 g	56 %
Saturated Fat	17.9 g	90 %
Trans Fat	0.8 g	
Cholesterol	468.6 mg	156 %
Sodium	770.5 mg	32 %
Total Carbohydrate	3 g	1 %
Dietary Fiber	0.6 g	3 %
Sugars	2.1 g	
Protein	25.6 g	51 %
Vitamin A	80 %	Vitamin C 14 %
Calcium	11 %	Iron 14 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com



**My Big Fat Greek Taco Bowl Courtesy of
intelligent Gourmet**

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		% Daily Value*
Calories	454.4 kcal	23 %
Total Fat	30.7 g	47 %
Saturated Fat	13.3 g	67 %
Trans Fat	1.1 g	
Cholesterol	121.3 mg	40 %
Sodium	426.8 mg	18 %
Total Carbohydrate	10.3 g	3 %
Dietary Fiber	1.9 g	8 %
Sugars	6 g	
Protein	32.1 g	64 %
Vitamin A	15 % • Vitamin C	22 %
Calcium	22 % • Iron	18 %

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