

# Fried Eggs and Steamed Spinach

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Baby Spinach  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
1 tsp Ghee  
2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	193	Iron	3mg
Fat	14g	Vitamin D	82IU
Carbs	3g	Folate	163µg
Fiber	1g	Magnesium	60mg
Protein	14g	Zinc	2mg
Vitamin C	17mg		

## DIRECTIONS

- 01 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the spinach with eggs. Enjoy!

## NOTES

### RECIPE ID 204

### NO GHEE

Use butter or oil instead.