

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Frozen Peas
2 Egg
1/4 tsp Sea Salt
1 tbsp Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	329	Iron	3mg
Fat	24g	Vitamin D	82IU
Carbs	12g	Folate	94µg
Fiber	4g	Magnesium	30mg
Protein	17g	Zinc	2mg
Vitamin C	8mg		

DIRECTIONS

- 01 In a pan over medium-high heat, add the peas and stir until warmed through. Season with salt.
- 02 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 03 Remove from heat and serve immediately. Enjoy!

NOTES

RECIPE ID 307

SERVING SIZE

One serving is 2 eggs with 1/2 cups of the peas.