

# Egg Substitute Scramble

## Ingredients:

- 1 cup egg substitute (egg beaters)
- 1/8 tsp. ground black pepper
- 1/3 cup fresh tomato, diced
- 7 1/4 tsp. white onion, diced
- 1/2 cup fresh spinach
- 1/8 tsp. garlic powder
- 1/4 tsp. paprika
- 1 1/2 tsp. extra virgin olive oil



## Nutrition Facts

Serving Size 3/4 cup (170g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 9g	
Vitamin A 25%	Vitamin C 25%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## Directions:

1. Heat oil in a skillet over medium heat.
2. Sauté the onion and garlic.
3. When onion is soft, stir in the tomato and spinach and cook about 30 seconds.
4. Reduce heat to medium and pour in the egg substitute.
5. Cook until the bottom has set, about 2 minutes.
6. Sprinkle on the pepper, paprika and garlic powder.
7. Cook, stirring occasionally, until eggs have set.