Spinach Scromblet - Bariatric

A "scromblet" is the name I give a scrambled omelet; a quick and easy way to add veggies to your breakfast!

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 each each</td>
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<td>2 each each</td>
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<tr>
<td>1 1/2 cup</td>
<td>45 g</td>
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<tr>
<td>1/4 tsp</td>
<td>.6 g</td>
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<tr>
<td>1/2 tsp</td>
<td>2 g</td>
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<tr>
<td>1/4 tsp</td>
<td>.6 g</td>
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<tr>
<td>1 tsp</td>
<td>5 mL</td>
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<tr>
<td>2 Tbsp</td>
<td>14 g</td>
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**Preparation:**
1. Gather all ingredients and equipment.
2. In a medium bowl, whisk eggs and egg whites together. Add spinach, salt, pepper, and thyme. Whisk until well combined. Set aside.
4. Pour egg mixture into pan. Fold eggs with a spatula or spoon until eggs are almost set (about 2 minutes).
5. Turn off heat and place cheese in an even layer on top of the eggs. Cover pan and allow to sit for 1 minute to melt the cheese. Serve immediately!

**Nutrition Facts on Reverse**
# Nutrition Facts

4 Servings  
**Serving size**  1/4 cup  

**Amount per serving**  
**Calories**  80  
Calories from Fat  45  

**Total Fat**  5 g  
- Saturated Fat  2 g  
- Trans Fat  0 g  
- Monounsaturated Fat  2 g  
**Cholesterol**  95 mg  
**Sodium**  250 mg  

**Total Carbohydrate**  1 g  
- Dietary Fiber  0 g  
- Total Sugars  0 g  
  Includes 0 g Added Sugars  

**Protein**  7 g  
Vitamin D  0 %  
Calcium  10 %  
Iron  4 %  
Potassium  136 mg  
Phosphorus  103 mg