

Capers & Egg White Breakfast

Capers, also known as Capparis spinosa, is a type of plant native to the Mediterranean. It provides variety of vitamins and minerals, such as vitamin A, vitamin C, potassium, and magnesium. Egg whites are rich in protein and low-calorie. Without egg yolk, egg whites are cholesterol-free. Have alongside a whole grain, such as whole wheat toast, for a complete meal.

Ingredients:

½ tsp	Avocado oil
1 tsp	Minced garlic
1 tbsp	Capers
1 tbsp	Pesto
3 large	Egg whites
To taste	Salt & pepper
To garnish	Green onion, sliced
Optional	Non-starchy veggies.

Directions:

1. Preheat avocado oil over medium heat in a small frying pan.
2. Add garlic, pesto, and capers. Add any optional veggies at this time as well. Sear for 3-4 minutes.
3. Add egg whites.
 - a. To scramble: Mix everything by stirring until egg whites are cooked thoroughly.
 - b. For omelet: let the egg white start to bubble. Once edges begin to slightly crisp, flip the egg. Once cooked, fold in half.
4. Sprinkle with salt and pepper if preferred. Garnish sliced green onion
5. Serve warm!
6. Enjoy 😊

Servings: 1
 Serving size: 1 whole recipe

Capers & Egg White Breakfast		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	119.2 kcal	6 %
Total Fat	6.3 g	10 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	0.6 mg	0 %
Sodium	425.8 mg	18 %
Total Carbohydrate	3.4 g	1 %
Dietary Fiber	0.8 g	3 %
Sugars	0.9 g	
Protein	11.6 g	23 %
Vitamin A	0 %	• Vitamin C 1 %
Calcium	3 %	• Iron 2 %

* 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 </>