Baked Veggie Scramble

10 egg whites
2 egg yolks
10 oz. chopped frozen spinach, thawed
3 peppers (red, yellow or orange), diced
1 package (3 oz.) sun-dried tomatoes, chopped
6 oz. shredded cheese, light
1-2 Tbsp. fresh herbs (basil or oregano) or 1 ½ tsp. of dried herbs (Italian seasoning or basil, oregano and marjoram) or both
Salt and pepper to taste


Calories: 208
Total Fat: 8g
Saturated Fat: 4g
Trans Fat: 0g
Sodium: 91 mg
Total Carbs: 18 g
Dietary Fiber: 5 g
Sugars: 8 g
Protein: 20 g