AMERICAN · BREAKFAST

High-Protein Egg White Bites with Spinach and Red Pepper

35 min · Makes 4 × 3 egg white bites · 166 kcal a portion · Video 5:04 · Evolving Table

Vegetarian · Gluten-free ingredients · No nuts listed

Mostly egg whites with cottage cheese and a little Monterey Jack: about 21 g protein for only 3 g net carbs in 3 bites, and around 160 kcal.

Diet notes: Low carb (3.1 g net carbs) but not keto: 36% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

12 · MAKES 4 × 3 EGG WHITE BITES

- [ ] 2¼ cups (18 oz) **liquid egg whites**, or the whites of 12 eggs
- [ ] ¼ tsp **garlic powder**
- [ ] ½ tsp **salt**
- [ ] ¼ tsp **black pepper**
- [ ] ½ tsp **hot sauce**, such as Tabasco (optional)
- [ ] ½ cup finely diced **red bell pepper**, fresh or roasted
- [ ] ½ cup chopped **fresh spinach**
- [ ] 2 tbsp chopped **green onions**
- [ ] ½ cup shredded **Monterey Jack cheese**
- [ ] ½ cup 4% **cottage cheese** (at least 2%)
- [ ] **non-stick cooking spray**, for the muffin pan
- [ ] **fresh parsley**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Measure the egg whites (3 tbsp per white) into a large jug or bowl with a pouring spout. 1:10
2. Add the garlic powder, salt, pepper and hot sauce and whisk until well combined. 1:25
3. Finely dice the red pepper (roasted peppers taste more like the café version) and finely chop the spinach and green onions. 2:13
4. Add the vegetables, Monterey Jack and cottage cheese to the egg whites and stir until just combined. 2:40
5. Spray a newish, unscratched 12-cup muffin pan generously with cooking spray and fill each cup ¾ full, stirring the mix every few cups so the add-ins don't sink. 3:36
6. Bake 20–22 minutes, until set and no longer jiggly — they puff up around 15 minutes but need at least 18 to cook through. 4:05
7. Cool to room temperature and store in a container for the week, or serve warm with a sprinkle of parsley or extra green onion. 4:26

> **Tip** Makes 12 bites; we count 3 as a serve (our estimate). For a smoother, fluffier bite, blend the egg whites, cottage cheese and seasonings for 10–20 seconds first. Keeps 4–5 days in the fridge.

The method is a summary in our words — the video shows every step.

One portion (3 egg white bites) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
166 kcal	22 g	3.8 g	0.6 g	6.6 g	710 mg
690 kJ	43% of a day	3.1 g net · 2.7 g sugars	2% of a day	3.2 g saturated	31% of a day
		1% of a day		8% of a day	

Energy from net carbs 8% · protein 55% · fat 37% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 58% · Vitamin C 30% · Vitamin K 29%

Source of (10–19%) Vitamin B12 15% · Calcium 11% · Vitamin A 10%

Recipe and video: Evolving Table (@evolvingtable) on YouTube — youtube.com/watch?v=lukM9FndUdc, published 14 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egg-white-bites-spinach-red-pepper