

Egg & Spinach

Why this everyday pair works harder than you think

Egg fat unlocks spinach's vitamin K

Spinach is one of the richest sources of vitamin K. Because vitamin K is fat-soluble, the fat in egg yolk helps your body absorb much more of it.

Source: [Harvard T.H. Chan School of Public Health](#)

Spinach iron: oxalate is not the obstacle

Spinach contains non-heme iron. Research shows that oxalic acid has only minor relevance to iron absorption from spinach. The larger inhibiting factors are its calcium and polyphenol content, both of which cooking can reduce.

Source: [NCBI PubMed](#)

Eggs bring every essential amino acid

Egg protein scores a DIAAS of 101, a score above 100 confirming it meets every essential amino acid requirement on its own. It provides all essential amino acids in proportions the body can actually use.

Source: [PMC](#) / [NCBI](#)

Spinach is a standout source of folate

Folate supports cell growth and is especially important for families. Spinach ranks among the top natural folate sources alongside asparagus and broccoli.

Source: [Harvard T.H. Chan School of Public Health](#)

The yolk unlocks spinach carotenoids

Spinach holds lutein and beta-carotene. Research confirms that dietary fat consumed alongside spinach significantly boosts how much of these carotenoids the gut can absorb. The yolk in a paired egg provides exactly that fat.

Source: [PMC](#) / [NCBI](#)

IN SHORT

A warm egg and spinach on your morning plate: simple, Multan-ready, and working harder than it looks.

References

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