

Eggs Meet Spinach

How egg fat helps your body actually use everything green on the plate.

Eggs unlock spinach's nutrients

A Purdue University study found carotenoid absorption from a vegetable salad rose three to eight times higher when eaten with whole eggs instead of none.

Source: [Purdue University](#)

Vitamin K needs a fat carrier

A 100g serving of spinach carries about four times a day's vitamin K. It's fat soluble, so the fat in an egg yolk helps your body actually absorb it.

Source: [Cleveland Clinic](#)

Vitamin A gets the same boost

That same 100g of spinach holds over half a day's vitamin A precursors, another fat soluble nutrient. Egg yolk fat helps it get used, not just eaten.

Source: [Cleveland Clinic](#)

Complete protein meets folate

Eggs bring complete protein for growth and repair. Spinach adds close to half a day's folate in the same 100g, useful for cell health.

Source: [Cleveland Clinic](#)

Its iron needs a different helper

Spinach's iron is plant based and harder to absorb alone. A squeeze of citrus helps that; the egg brings protein and vitamin K support instead.

Source: [Cleveland Clinic](#)

IN SHORT

A soft egg over wilted spinach is simple, halal, and a genuinely smarter start to a Multan morning.

References

1. [Purdue University](https://www.purdue.edu/newsroom/archive/releases/2015/Q2/study-top-salads-with-eggs-to-better-absorb-vegetables-carotenoids-.html) <https://www.purdue.edu/newsroom/archive/releases/2015/Q2/study-top-salads-with-eggs-to-better-absorb-vegetables-carotenoids-.html>
2. [Cleveland Clinic](https://health.clevelandclinic.org/benefits-of-spinach) <https://health.clevelandclinic.org/benefits-of-spinach>
3. [Cleveland Clinic](https://health.clevelandclinic.org/benefits-of-spinach) <https://health.clevelandclinic.org/benefits-of-spinach>
4. [Cleveland Clinic](https://health.clevelandclinic.org/benefits-of-spinach) <https://health.clevelandclinic.org/benefits-of-spinach>
5. [Cleveland Clinic](https://health.clevelandclinic.org/benefits-of-spinach) <https://health.clevelandclinic.org/benefits-of-spinach>



ORDER ON WHATSAPP

0312 4444925

freshyolk.com