



MINI FRITTATAS

 12 portions

INGREDIENTS

- 3 cups liquid egg whites
- 1/2 cup chopped of broccoli, shopped fine
- 2 tbsps chopped of onions, chopped fine
- 6 oz shredded cheese
- salt and pepper to taste

COOKING METHOD

1° 12 muffin muffin tin 1) preheat oven to 350 2) saute vegetables desire until soft. be sure to drain any water 3) divide cooked vegetables evenly into muffin tin, sprinkly .50 ounce cheese over top 4) fill muffin tin 3/4 full with liquid egg whites (~1/4 cup) 5) bake at 350 for ~12 minutes or until cooked through 6) allow to cool completely before refrigerating

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (81 g)	% DRI
ENERGY	86 kcal	70 kcal	3 %
FAT	3 g	2 g	4 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	7 %
CHOLESTEROL	11 mg	9 mg	3 %
SODIUM	474 mg	384 mg	16 %
CARBOHYDRATE	2 g	1 g	0 %
SUGARS	1 g	1 g	—
FIBER	0 g	0 g	1 %
PROTEIN	13 g	10 g	—