

EGG MUFFINS

5 minutes

30 minutes

12 portions

INGREDIENTS

- 12 large units of egg, whole, raw, fresh [600 g]
- 1/2 cup, chopped or sliced of tomatoes, e [90 g] or 1/2 cup of baby spinach, raw [15 g] or 1/4 cup diced pumpkin, raw [29 g]
- 1/4 whole cup of leaves of basil, fresh [6 g] or 3 cloves of garlic, raw [9 g] or 1/4 cup, crumbled of cheese, feta [38 g]

COOKING METHOD

- 1° Choose vegetable combination of choice and chop.
- 2° Lightly grease muffin tins & preheat oven to 200 Degrees Celsius
- 3° Whisk eggs in a bowl, season with salt & pepper. Stir in vegetables
- 4° Pour into muffin tins and bake for 20-25minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [55 g]	% DRI
ENERGY	137 kcal	75 kcal	4 %
FAT	9 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	9 %
CHOLESTEROL	339 mg	187 mg	62 %
SODIUM	151 mg	83 mg	3 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	1 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	12 g	6 g	—