

**EGG MUFFINS**

6 portions

INGREDIENTS

- 2 large spring onions, finely chopped (50 g)
- 150 grams of bacon, chopped
- 12 eggs (600 g)
- 2 tbsp basil pesto
- 175 grams of Grated Cheese

COOKING METHOD

- 1° Preheat the oven to 175°C
- 2° Line a muffin tin with non-stick, insertable baking cups or grease a silicone muffin tin with butter
- 3° Add spring onion and bacon to the bottom of the tin.
- 4° Whisk eggs together with pesto, salt and pepper. Add the cheese and stir.
- 5° Pour the batter on top of the spring onion and bacon.
- 6° Bake for 15–20 minutes, depending on the size of the muffin tin.
- 7° TIP: Prepare a big batch and store in the refrigerator for 3-4 days or freeze them.
- 8° TIP: Prepare a big batch and store in the refrigerator for 3-4 days or freeze them.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (169 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 190 kcal | 322 kcal | 16 % |
| FAT | 13 g | 22 g | 34 % |
| FATTY ACIDS, TOTAL SATURATED | 6 g | 10 g | 51 % |
| CHOLESTEROL | 230 mg | 389 mg | 130 % |
| SODIUM | 300 mg | 508 mg | 21 % |
| CARBOHYDRATE | 1 g | 2 g | 1 % |
| SUGARS | 1 g | 1 g | — |
| FIBER | 0 g | 0 g | 1 % |
| PROTEIN | 16 g | 28 g | — |