

# Breakfast Egg Muffins

RECIPE MAKES: 6 SERVINGS

## INGREDIENTS

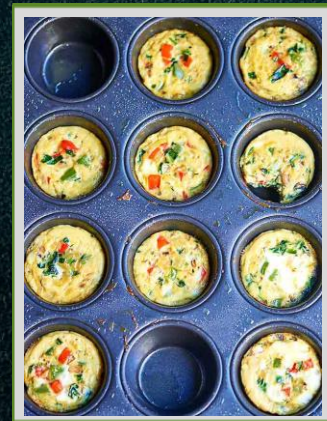
- 1 cup red pepper, chopped
- 1 cup green pepper, chopped
- 1 cup yellow onion, chopped
- 2 cups spinach, chopped
- 1 cup mushrooms
- 2 garlic cloves, minced
- 4 whole eggs
- 4 egg whites

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>2 Egg Muffin</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
<b>Vitamin D</b> 1mcg	6%
<b>Calcium</b> 50mg	4%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 296mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. Preheat the oven to 350°F. Grease a muffin pan with cooking spray and set aside.
2. Heat large skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion.
3. Sauté 5-7 minutes until peppers are tender. Add in spinach, garlic, and mushrooms and cook for an additional 2 minutes.
4. In a separate mixing bowl, whisk eggs and add in cooled vegetables.
5. Bake for 15-18 minutes or until eggs are set.
6. Serve immediately or cool and store in the refrigerator or freezer until ready to eat.
7. Enjoy



Healthy Options

