

Egg Breakfast Muffins

Prep Time 10 mins
 Total Time 25 mins
 Meal Type Breakfast
 Contributed By



Source Adapted from [Hurry The Food Up](#)

Servings 2



Ingredients

lb,c g,ml

- 1/2 red bell pepper, *diced*
- 1 1/2 scallions, *diced*
- 2 cherry tomatoes, *sliced*
- 3 eggs, *beaten*
- 1/4 tsp salt
- 1/2 cup spinach, *chopped*
- 2 Tbs feta cheese
- 2 Tbs basil, fresh, *chopped*

Directions

Prep

1. Preheat the oven to 350° F.
2. Wash and dice the pepper, scallions, and tomatoes and put them in a large mixing bowl.
3. Chop spinach and basil.
4. Beat eggs in separate bowl.
5. Grease muffin tin. You can also grease muffin liners to make clean up a snap.

Make

1. Place beaten eggs in bowl with vegetables and herb and mix well.
2. Pour egg mixture into muffin pan or cups.
3. Bake for about 15 minutes until set.

Notes

Option: You could also increase the number of servings to 4 and grease an 8x8 glass baking dish. Bake mixture for about 20 minutes. Cut into squares to serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	149	Total Fat 9.3g	14%	Total Carbohydrates 4g	1%
		Saturated Fat 3.6g	18%	Dietary Fiber 1g	5%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 287mg	95%	Protein 12g	
		Sodium 514mg	22%		
Vitamin D 2mcg 15% · Calcium 110mg 11% · Iron 2mg 10% · Potassium 290mg 6%					

* The percent Daily Value (DV) 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.

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