



February 6- Egg Breakfast Muffins

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2356426>

Recipe

Ingredients:

- 10 eggs
- ½ red bell pepper
- ¼ yellow onion
- 1 garlic clove
- 2 cups fresh spinach
- ½ teaspoon Cajun seasoning
- ¼ cup shredded cheese

Directions:

1. Preheat oven to 350°F. Spray muffin tin with non-stick spray.
2. Dice bell pepper, onion and garlic clove. Sauté vegetables until tender in a skillet. Chop spinach.
3. Blend eggs and Cajun seasoning in blender until frothy.
4. Evenly distribute spinach, vegetables and cheese into each tin. Pour egg mixture into tin cups, filling 2/3 full.
5. Bake for 11-12 minutes, or until the eggs are firm.

Yield 12 servings

| Nutrition Facts | |
|--------------------------------|----------------------|
| Serving Size 1 muffin (57.71g) | |
| Servings Per Container 12 | |
| Amount Per Serving | |
| Calories 80 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 2g | 9% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 155mg | 52% |
| Sodium 90mg | 4% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 1% |
| Sugars 0g | |
| Protein 6g | 12% |
| Vitamin A 15% | • Vitamin C 15% |
| Calcium 4% | • Iron 6% |

* Percent Daily Values are based on a 2,000 calorie diet.