

Easy Egg, Cheese, and Veggie Muffins

🕒 15 min 👤 6 servings

Per serving: 116 Kcal 9g Protein 8g Fat 2g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Onions, 1/4 cup (41.7 g)
- Tomatoes, 1/4 cup (38.9 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Bell peppers, 1/4 cup (37.3 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

1. Let's preheat the oven to 190°C (375°F).
2. In a mixing bowl, beat the eggs for 2 to 3 minutes.
3. Add the grated cheese, diced bell peppers, onions, tomatoes, salt, and pepper to the bowl. Mix well. (Optional ingredients, chose those you like)
4. Grease a muffin tin with cooking spray or line with muffin liners.
5. Pour the egg mixture evenly into the muffin cups, filling each about 3/4 full.
6. Bake in the preheated oven for 12-15 minutes, or until the muffins are set and slightly golden on top.
7. Remove from the oven and let cool for a few minutes.
8. Gently remove the muffins from the tin and serve warm or put them in the fridge and reheat (microwave or oven) when desired.

Comments

Those little muffins are very easy (and fun) to prepare. Children love to prepare them. Be creative and you can change the ingredients as desired.

Reheat the number of muffins needed in the morning (for example for breakfast), microwave them or in the oven for just a few minutes.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	692.9	145.5	115.5
Protein [g]	52	10.9	8.7
Fat [g]	48	10.1	8
Carbs [g]	11.2	2.4	1.9
Fiber [g]	2	0.4	0.3
Net Carbs [g]	9.2	1.9	1.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	584	122.6	97.3
Iron, Fe [mg]	5.7	1.2	1
Magnesium, Mg [mg]	64.2	13.5	10.7
Phosphorus, P [mg]	883.9	185.6	147.3
Potassium, K [mg]	689.3	144.7	114.9
Sodium, Na [mg]	1575.8	330.8	262.6
Zinc, Zn [mg]	6.2	1.3	1
Vitamin A, RAE [ug]	496.3	104.2	82.7
Vitamin E [mg]	4.4	0.9	0.7
Vitamin D [ug]	6.3	1.3	1.1
Vitamin C [mg]	56.1	11.8	9.4
Thiamin [mg]	0.2	0	0
Riboflavin [mg]	1.7	0.4	0.3
Niacin [mg]	0.9	0.2	0.2
Vitamin B6 [mg]	0.7	0.1	0.1
Vitamin B12 [ug]	3.3	0.7	0.5
Vitamin K [ug]	7.3	1.5	1.2