

INGREDIENTS

4 Eggs
3/4 cup Egg Whites
1/2 cup Tomatoes
2 cups Raw Spinach
1/4 cup Feta Cheese

NUTRITION INFORMATION PER SERVING

Calories 85kcal	Sodium 158mg
Carbs 1.66g	Fiber 0.4g
Protein 8.8g	Added Sugar 0g
Total Fat 4.62g	Fruits 0 servings
Saturated Fat 1.99g	Vegetables 0.25 servings

Spinach, Feta, and Tomato Egg Muffin Cups

🕒 15 MINS | 🍴 6 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1- Pre heat oven to 375 degrees F. Coat a 12 cup muffin pan with cooking spray.
- 2- In a medium bowl, mix eggs, egg whites, and spinach (chopped) until blended.
- 3- Pour egg mixture into prepared muffin cups. Fill each around 3/4 of the way.
- 4- Sprinkle tomatoes (chopped) and feta cheese over the egg mixture.
- 5- Bake for 15-18 minutes.
- 6- Cool in pan for 5 minutes. Slide small spatula or butter knife around the edges of each egg cup to loosen sides.
- 7- Lift each egg muffin cup out of muffin pan and enjoy!

