

Mini Frittatas



Servings: 8

1 bell pepper, seeded and chopped
2 spring onions, sliced
6 large eggs
3 bacon slices, cooked and chopped
1/4 cup milk
salt and pepper, to taste
8 ounces cheddar cheese, shredded

Grease 8 muffin cups with non-stick cooking spray.

In a bowl whisk together bell pepper, spring onion, eggs, bacon, milk, salt, and pepper. Pour the mixture evenly into the muffin cups. Sprinkle cheddar cheese over top each frittata.

Bake in a 350°F oven for 30 minutes or until a toothpick inserted in the centre comes out clean.

Let cool slightly before serving.

Serve

Per Serving (excluding unknown items): 218 Calories; 17g Fat (71.2% calories from fat); 13g Protein; 3g Carbohydrate; trace Dietary Fiber; 175mg Cholesterol; 322mg Sodium; 1g Total Sugars; 1mcg Vitamin D; 236mg Calcium; 1mg Iron; 141mg Potassium; 231mg Phosphorus. Exchanges: .