

# 5 Ways to Eat Your Eggs

## Breakfast Egg Cups

**Makes**  
6 servings

**Prep time**  
5 minutes

**Cook time**  
20 minutes

**Good Source of**  
Protein

**Ingredients:**  
5 large eggs  
Salt & pepper to taste  
Vegetable oil for greasing

**Mix & match fillings:**  
Spinach, chopped  
Tomato, diced  
Onion, finely diced  
Bell pepper, finely diced  
Mushrooms, chopped  
Bacon, chopped  
Shredded cheese

## Nutrition Facts

6 servings per container  
Serving size 1 muffin (62g)

Amount per serving  
**Calories 80**

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 160mg	53%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 1mcg	6%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 105mg	2%

\*The % Daily Value 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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## Directions

### Breakfast Egg Cups

**Directions:**

1. Preheat oven to 350 degrees F.
2. In a bowl, beat eggs until smooth. Set aside.
3. Grease a muffin tin. Place your desired combination of fillings into six muffin cups. Season the fillings with salt and pepper.
4. Pour the beaten eggs into each muffin cup, filling about three-fourths of the way up.
5. Bake for 15 to 20 minutes, or until eggs are cooked and set.
6. Serve hot. Refrigerate any leftovers.

**Change it up!** Choose your favorite vegetables and low-fat protein and cheese options to make a variety of breakfast cup combinations. The possibilities are endless! Some other suggestions include ham, turkey sausage, fresh basil, mozzarella, jalapeños, salsa, pesto, etc.

