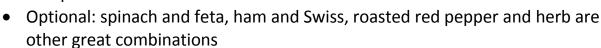
Broccoli Cheddar Egg Cups

By: Dartmouth-Hitchcock's Culinary Medicine Program

Servings: 12 cups Prep Time: 15 min Cooking time: 15 minutes

Ingredients

- 12 whole wheat tortillas
- 12 eggs
- ¹/₂ cup steamed broccoli
- 1/2 cup shredded cheddar cheese



Instructions

- Grease 12 muffin tins. Line with a tortilla. Break egg into cup. Add toppings. Bake 10-12 minutes at 400 degrees.
- Toppings: spinach and feta, broccoli and cheddar, ham and Swiss

Nutrition (per serving)

Calories 157.9, Total Fat 7.7 g, Cholesterol 191.6 mg, Sodium 291.2 mg, Total Carbs 12.5 g, Dietary Fiber 2.0 g, Protein 9.7 g

