

## **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
- ½ cup steamed broccoli
- ½ cup shredded cheddar cheese
- Optional: spinach and feta, ham and Swiss, roasted red pepper and herb are other great combinations



### **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