



# Egg Cups

Ingredients: (makes 24 total)

- 12 eggs
- 1/2 cup milk
- 1 Tbsp. salt
- pinch of pepper
- 1 small onion
- 1 red pepper
- 1 yellow pepper
- 2 cups spinach
- 1/4 cup shredded cheese
- Optional: 1/4 cup bacon



## Egg Cups

### Nutrition Facts

24 servings per container

**Serving size** 1 egg cup (0.0g)

**Amount Per Serving**

**Calories** **45**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 45mg **2%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0.5mcg 2%

Calcium 30mg 2%

Iron 0.5mg 2%

Potassium 70mg 2%

\* The % Daily Value (DV) 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.

INGREDIENTS: EGG, YELLOW PEPPERS, MILK (PASTEURIZED REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3), RED PEPPERS, ONION, SPINACH, CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR))

### Directions:

- Pre-heat oven to 350 degrees
- Lightly spray the tins with coating or line with aluminum muffin cups
- Beat the eggs, milk, salt and pepper together
- Sautee the chopped onion and peppers. Once soft, add the spinach for less than 1 minute
- Divide the veggie mixture (add bacon if desired) into each muffin cup.
- Add the egg to fill each cup half way
- Bake 20 minutes
- Serve or store in air tight container



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