



MINI FRITTATAS

 12 portions

INGREDIENTS

- 3 cups liquid egg whites
- 1/2 cup chopped of broccoli, shopped fine
- 2 tbsps chopped of onions, chopped fine
- 6 oz shredded cheese
- salt and pepper to taste

COOKING METHOD

- 1) preheat oven to 350
- 2) saute vegetables desire until soft. be sure to drain any water
- 3) divide cooked vegetables evenly into muffin tin, sprinkly .50 ounce cheese over top
- 4) fill muffin tin 3/4 full with liquid egg whites (~1/4 cup)
- 5) bake at 350 for ~12 minutes or until cooked through
- 6) allow to cool completely before refrigerating

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (81 g)	% DRI
ENERGY	86 kcal	70 kcal	3 %
FAT	3 g	2 g	4 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	7 %
CHOLESTEROL	11 mg	9 mg	3 %
SODIUM	474 mg	384 mg	16 %
CARBOHYDRATE	2 g	1 g	0 %
SUGARS	1 g	1 g	—
FIBER	0 g	0 g	1 %
PROTEIN	13 g	10 g	—