



EGG MUFFINS

6 portions

INGREDIENTS

- 2 large spring onions, finely chopped (50 g)
- 150 grams of bacon, chopped
- 12 eggs (600 g)
- 2 tbsp basil pesto
- 175 grams of Grated Cheese

COOKING METHOD

- 1° Preheat the oven to 175°C
- 2° Line a muffin tin with non-stick, insertable baking cups or grease a silicone muffin tin with butter
- 3° Add spring onion and bacon to the bottom of the tin.
- 4° Whisk eggs together with pesto, salt and pepper. Add the cheese and stir.
- 5° Pour the batter on top of the spring onion and bacon.
- 6° Bake for 15–20 minutes, depending on the size of the muffin tin.
- 7° TIP: Prepare a big batch and store in the refrigerator for 3-4 days or freeze them.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (169 g)	% DRI
ENERGY	190 kcal	322 kcal	16 %
FAT	13 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	6 g	10 g	51 %
CHOLESTEROL	230 mg	389 mg	130 %
SODIUM	300 mg	508 mg	21 %
CARBOHYDRATE	1 g	2 g	1 %
SUGARS	1 g	1 g	—
FIBER	0 g	0 g	1 %
PROTEIN	16 g	28 g	—