



Cheesy Egg and Veggie Cups

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 eggs
- 2.5 cups ore-ida hash brown potatoes shredded
- 3 Tbsp milk
- 2 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 1 cup sharp cheddar cheese shredded kraft
- 2 cups cut-up vegetables mixed fresh shredded red chopped (small broccoli florets, peppers, carrots)

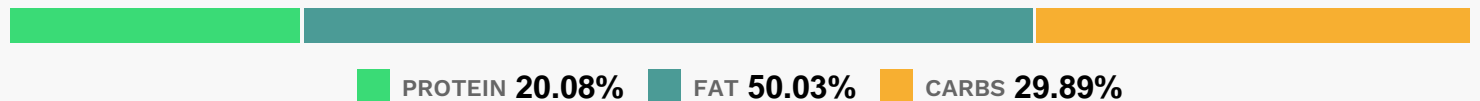
Equipment

- frying pan
- oven
- knife
- whisk
- muffin liners
- muffin tray

Directions

- Heat oven to 375F.
- Heat oil in large nonstick skillet on medium-high heat.
- Add potatoes and remaining vegetables; mix lightly. Cook 6 to 8 min. or until potatoes are browned, stirring occasionally.
- Spoon into 12 muffin pan cups sprayed with cooking spray; top with cheddar.
- Whisk remaining ingredients until blended; pour over ingredients in muffin cups.
- Bake 15 min. or until knife inserted in centers comes out clean. Cool 5 min. before removing cups from pan to serve.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:2.972608708817%

Nutrients (% of daily need)

Calories: 57.36kcal (2.87%), Fat: 3.24g (4.99%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.11g (0.12%), Cholesterol: 41.42mg (13.81%), Sodium: 56.57mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 623.03IU (12.46%), Selenium: 4.36µg (6.23%), Phosphorus: 53.71mg (5.37%), Vitamin B2: 0.08mg (4.43%), Calcium: 40.45mg (4.05%), Vitamin C: 2.31mg (2.8%), Manganese: 0.05mg (2.55%), Fiber: 0.63g (2.5%), Zinc: 0.36mg (2.42%), Potassium: 84.41mg (2.41%), Vitamin B5: 0.24mg (2.4%), Iron: 0.43mg (2.39%), Vitamin B12: 0.14µg (2.34%), Folate: 9.06µg (2.27%), Vitamin B1:

0.03mg (2.21%), Vitamin B6: 0.04mg (2.19%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.27mg (1.83%), Magnesium: 6.63mg (1.66%), Copper: 0.03mg (1.66%), Vitamin D: 0.24µg (1.59%)