



Easy Weekday Breakfast Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 bell pepper chopped
- 1 bell pepper chopped
- 12 eggs
- 0.5 cup milk
- 1 onion chopped
- 12 potato tots
- 12 servings salt and pepper to taste
- 1 cup cheese shredded

0.5 cup turkey chopped

Equipment

bowl

oven

whisk

muffin tray

Directions

Heat oven to 35

Whisk eggs together in a medium bowl.

Add chopped pepper and onion, salt and pepper, cheese, and milk. Fill muffin tin halfway with egg mixture.

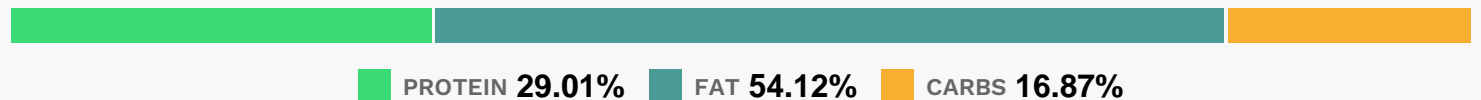
Sprinkle turkey meat into each.

Add a potato tot to each. Top with cheese.

Place in oven for 20 minutes or until fully cooked.

Serve immediately or store for later.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:8.9047826086957%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 128.7kcal (6.44%), Fat: 7.73g (11.9%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2g (2.22%), Cholesterol: 175.26mg (58.42%), Sodium: 365.49mg (15.89%), Protein: 9.32g (18.65%), Vitamin C: 26.69mg (32.36%), Selenium: 16.26µg (23.23%), Vitamin A: 941.01IU (18.82%),

Vitamin B2: 0.27mg (16.14%), Phosphorus: 151.92mg (15.19%), Vitamin B12: 0.71µg (11.83%), Vitamin B6: 0.2mg (9.83%), Calcium: 89.62mg (8.96%), Vitamin B5: 0.86mg (8.6%), Folate: 34.04µg (8.51%), Zinc: 1.05mg (6.97%), Vitamin D: 1.04µg (6.94%), Iron: 1mg (5.55%), Vitamin E: 0.81mg (5.43%), Potassium: 171.27mg (4.89%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.75mg (3.74%), Magnesium: 14.25mg (3.56%), Fiber: 0.79g (3.16%), Manganese: 0.06mg (3.06%), Copper: 0.05mg (2.51%), Vitamin K: 1.62µg (1.55%)