



Egg and Canadian Bacon 'Muffin

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 9 slices canadian bacon cut into bite-size pieces
- ☐ 4 eggs
- ☐ 10 oz pkt spinach frozen thawed drained chopped well
- ☐ 1 small onion chopped
- ☐ 3.5 oz athenos reduced fat feta cheese with basil & tomato crumbled

Equipment

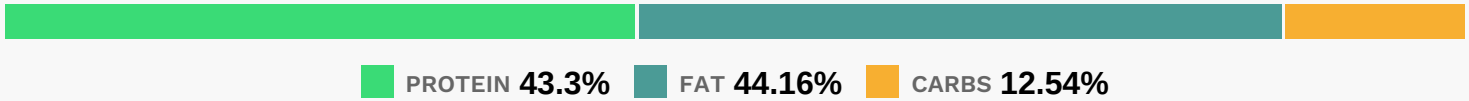
- ☐ bowl
- ☐ oven

☐ muffin liners

Directions

- ☐ Preheat oven to 350F. Beat eggs lightly in medium bowl.
- ☐ Add spinach, onions and Canadian bacon; mix well.
- ☐ Spoon evenly into 12 medium muffin cups sprayed generously with cooking spray, filling each cup about two-thirds full. Use fork to break up larger crumbles of cheese; sprinkle evenly over batter in cups.
- ☐ Bake 25 to 30 min. or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:20.446521904158%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 162.87kcal (8.14%), Fat: 8.12g (12.49%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.5g (1.67%), Cholesterol: 139.35mg (46.45%), Sodium: 611.2mg (26.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.81%), Vitamin K: 175.9µg (167.53%), Vitamin A: 5699.08IU (113.98%), Selenium: 22.59µg (32.27%), Vitamin B1: 0.38mg (25.5%), Folate: 86.22µg (21.56%), Phosphorus: 188.5mg (18.85%), Vitamin B2: 0.32mg (18.62%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.31mg (15.59%), Vitamin B3: 2.94mg (14.69%), Vitamin D: 1.78µg (11.89%), Magnesium: 47.39mg (11.85%), Vitamin E: 1.77mg (11.8%), Potassium: 368.06mg (10.52%), Iron: 1.72mg (9.56%), Vitamin B12: 0.55µg (9.12%), Zinc: 1.26mg (8.38%), Calcium: 83.48mg (8.35%), Vitamin B5: 0.73mg (7.31%), Fiber: 1.57g (6.27%), Copper: 0.11mg (5.65%), Vitamin C: 3.46mg (4.2%)