



Make-Ahead Breakfast Bites

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 12 eggs
- 0.7 cup cheddar cheese grated
- 0.7 cup seasoning cubes diced
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 tablespoon rosemary leaves fresh chopped
- 3.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- wooden spoon
- microwave
- muffin liners
- rolling pin

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray
- In medium bowl, mix Bisquick mix and milk with wooden spoon to form thick dough. Dump out onto floured surface, and use a floured rolling pin to roll it 1/4 inch thick.
- Cut into rounds with 3- or 4-inch round cutter.
- Press the rounds into muffin cups.
- Sprinkle cheese in each cup, followed by a few cubes of ham. Crack the eggs individually into small bowl, then gently slide 1 egg into each muffin cup. Top with remaining cheese and ham.
- Sprinkle with salt, pepper and rosemary.
- Bake 20 to 25 minutes or until egg whites are set. Cool in pan 5 minutes, then lift cups out using knife.
- Serve immediately.
- Store leftover egg cups in an airtight container in the fridge up to 3 days or in the freezer up to 1 week. Reheat in the microwave.

Nutrition Facts

PROTEIN 33.14% **FAT 60.94%** **CARBS 5.92%**

Properties

Glycemic Index:8.08, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:5.525217347333%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 107.73kcal (5.39%), Fat: 7.2g (11.08%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.55g (0.57%), Sugar: 1.27g (1.42%), Cholesterol: 175.79mg (58.6%), Sodium: 387.64mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Selenium: 15.67µg (22.39%), Vitamin B2: 0.26mg (15.12%), Phosphorus: 136.53mg (13.65%), Vitamin B12: 0.57µg (9.47%), Calcium: 94.6mg (9.46%), Vitamin B5: 0.78mg (7.78%), Vitamin D: 1.14µg (7.61%), Vitamin A: 336.11IU (6.72%), Zinc: 0.88mg (5.89%), Folate: 22.1µg (5.52%), Iron: 0.83mg (4.62%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.52mg (3.46%), Potassium: 97.2mg (2.78%), Magnesium: 9.57mg (2.39%), Vitamin B1: 0.03mg (2.06%), Copper: 0.03mg (1.75%), Manganese: 0.02mg (1.02%)