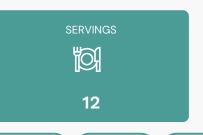


Make-Ahead Breakfast Bites

Gluten Free







MORNING MEAL

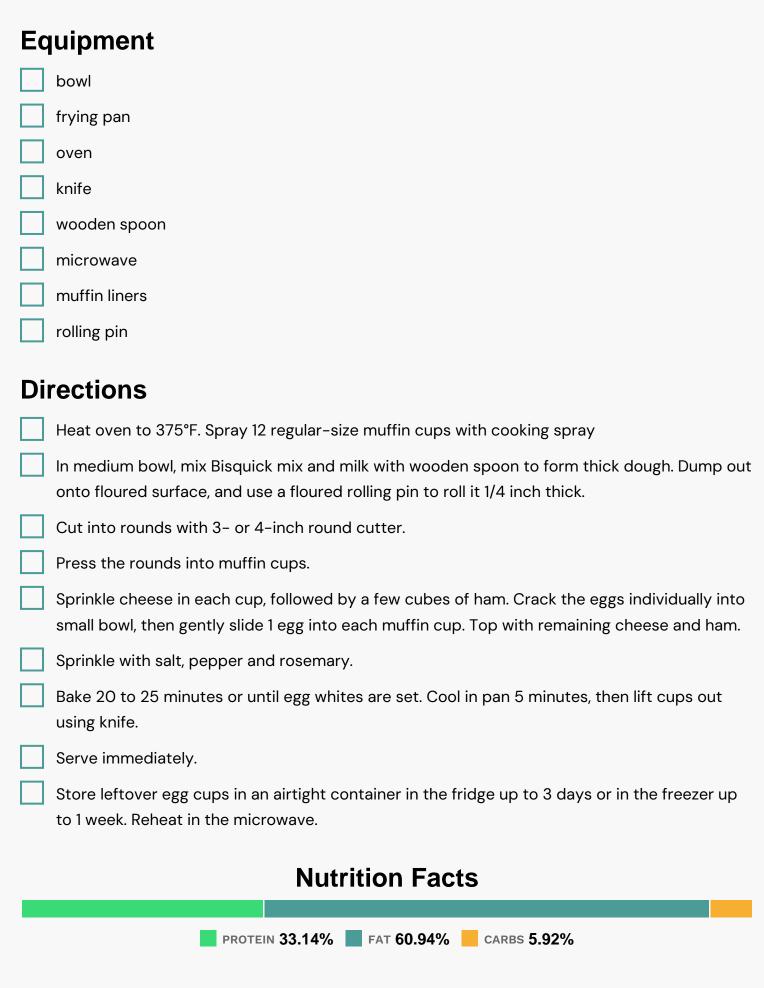
BRUNCH

BREAKFAST

Ingredients

	1 cup	milk
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- 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



Properties

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: Og (100%), Alcohol %: O% (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: 336.11lU (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%)