



Southwest Baked Egg Breakfast Cups



Gluten Free



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup bell pepper diced
- ☐ 0.5 cup black beans
- ☐ 0.5 cup curd cottage cheese
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 ounces to 2 chilies slit diced green
- ☐ 2 cups hash browns refrigerated uncooked
- ☐ 0.5 cup queso fresco shredded

- ☐ 2 tablespoons salsa
- ☐ 12 servings salt and pepper
- ☐ 0.5 cup cheddar cheese
- ☐ 1 teaspoon paprika smoked
- ☐ 8 large eggs whole

Equipment


- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Coat a 12 cup muffin tin with cooking spray
- ☐ Fill each muffin tin with approximately 1/8 cup of potatoes, season with salt and pepper.
- ☐ Bake 15–20 minutes or until they start to turn golden brown on top. While potatoes are baking, whisk eggs in a medium bowl and combine with cottage cheese, baking powder, bell peppers, salsa, green chiles and salt and pepper to taste.
- ☐ Remove potatoes from oven, fill each cup with about 1 tablespoon of black beans and California Mexican cheese blend, then evenly divide egg mixture into each cup. Top each egg cup with a sprinkle of cilantro and paprika and a pinch of shredded white queso blanco cheese. Return to the oven and bake an additional 25 minutes or until they puff up nicely and are just barely set on top (do not over cook or they will be spongy). Enjoy warm, or let cups cool completely to room temperature and store leftovers in the fridge in an airtight container. To reheat, wrap the egg cup in a paper towel and reheat in microwave for about 30–45 seconds. Be careful not to microwave too long or they will get tough.

Nutrition Facts



 **PROTEIN 26.6%**  **FAT 44.18%**  **CARBS 29.22%**

Properties

Glycemic Index:21.58, Glycemic Load:2.26, Inflammation Score:-3, Nutrition Score:6.9617391176846%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129.74kcal (6.49%), Fat: 6.38g (9.81%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 8.05g (2.93%), Sugar: 0.94g (1.04%), Cholesterol: 133.43mg (44.48%), Sodium: 394.12mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.28%), Selenium: 12.99µg (18.56%), Phosphorus: 152.27mg (15.23%), Vitamin B2: 0.2mg (12.06%), Calcium: 102.19mg (10.22%), Vitamin A: 460.99IU (9.22%), Vitamin C: 7.48mg (9.07%), Vitamin B12: 0.48µg (7.95%), Folate: 31.42µg (7.85%), Vitamin B5: 0.74mg (7.4%), Iron: 1.2mg (6.68%), Zinc: 0.91mg (6.08%), Vitamin B6: 0.12mg (6.01%), Potassium: 208.47mg (5.96%), Fiber: 1.44g (5.77%), Vitamin D: 0.84µg (5.57%), Manganese: 0.1mg (5.21%), Vitamin B1: 0.07mg (4.9%), Magnesium: 17.09mg (4.27%), Copper: 0.08mg (4.14%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.52mg (3.46%)