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Spinach, Ham, and Egg Breakfast Muffins ♦♦

Spinach, Ham, and Egg Breakfast Muffins are a delicious and healthy breakfast option. They are packed with protein and nutrients, making them a great way to start your day. These muffins are easy to make and can be customized with your favorite ingredients. They are perfect for meal prep and can be enjoyed on the go.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	spinach
200 g	Ham
6 pieces	Eggs

1 tsp	salt
1 tsp	pepper
100 ml	milk
100 g	Cheese
50 g	flour
2 tsp	baking powder

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, whisk together the eggs, milk, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Add the spinach, ham, cheese, flour, and baking powder to the bowl. Stir until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Dividing

Divide the mixture evenly among 12 greased muffin cups.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake for 20-25 minutes, or until the muffins are set and golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cooling

Allow the muffins to cool for a few minutes before removing them from the muffin cups. Serve warm.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

Ramadan

Thanksgiving

Christmas

Easter

Halloween

Demographics

Teen Friendly

Pregnancy Safe

Difficulty Level

Medium

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