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Prosciutto-Wrapped Mini Frittata Muffins ♦♦

Prosciutto-Wrapped Mini Frittata Muffins are a delicious and protein-packed breakfast or brunch option. They are made with eggs, prosciutto, cheese, and vegetables, and baked to perfection in a muffin tin. These muffins are easy to make and can be customized with your favorite ingredients. They are perfect for meal prep and can be enjoyed hot or cold.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

6 pieces	Eggs
10 slices	prosciutto
100 g	Cheese
200 g	vegetables (e.g., bell peppers, spinach, onions)

1
teaspoon

Salt

1
teaspoon

Pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C). Grease a muffin tin with cooking spray or line with paper liners.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk together the eggs, salt, and pepper. Stir in the cheese and chopped vegetables.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Wrapping

Wrap each slice of prosciutto around the sides of the muffin cups, forming a cup shape.
Fill each prosciutto cup with the egg mixture.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Baking

Bake for 20 minutes, or until the frittatas are set and slightly golden on top. Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 13 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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