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## Egg Mushroom Cups ♦

Egg Mushroom Cups are a delicious and savory breakfast option. The recipe involves baking a mixture of eggs, mushrooms, and other ingredients in muffin cups. These cups are perfect for a quick and easy meal on the go or for a leisurely weekend brunch. The combination of eggs and mushrooms provides a satisfying and nutritious start to the day.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

6 pieces	Eggs
200 g	Mushrooms
100 g	spinach
100 g	cheddar cheese

1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Sautéing

In a skillet, heat olive oil over medium heat. Add mushrooms and cook until softened, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Mixing

In a mixing bowl, whisk together eggs, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Preparation

Grease muffin cups with olive oil. Divide the mushroom mixture, spinach, and cheddar cheese evenly among the cups.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Pouring

Pour the egg mixture over the ingredients in the muffin cups.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Baking

Bake in the preheated oven for 20-25 minutes, or until the egg is set and the tops are lightly golden.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

### Cooling

Remove from the oven and let cool for a few minutes. Use a knife to gently loosen the cups from the muffin tin.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 8

### Serving

Serve warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 4 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
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	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
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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