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## Egg and Kale Muffin ••

The Egg and Kale Muffin is a delicious and nutritious breakfast option. It combines the goodness of eggs and kale, packed with vitamins and minerals. The muffin is easy to make and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>4 pieces</b>	Eggs
<b>100 g</b>	kale
<b>1 teaspoon</b>	salt
<b>0.5 teaspoon</b>	pepper

1 olive oil  
tablespoon

## 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

#### Mixing

In a bowl, beat the eggs.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Cutting

Chop the kale into small pieces.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the chopped kale, salt, and pepper to the beaten eggs. Mix well.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Greasing

Grease the muffin tin with olive oil.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Pour the egg and kale mixture into the muffin tin, filling each cup about 3/4 full.

**Prep Time:** 2 mins

**Cook Time:** 20 mins

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## Step 7

Baking

Bake in the preheated oven for 20 minutes or until the muffins are set and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 8

Cooling

Remove from the oven and let cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 9

Serving

Serve warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 15 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
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	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	190 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## 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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