

All Recipes

Al Recipe Builder

**Similar Recipes** 

# Kale and Egg Cups ·

Kale and Egg Cups are a healthy and delicious breakfast option. They are made with fresh kale and eggs, and can be customized with your favorite ingredients. These cups are perfect for meal prep and can be enjoyed on-the-go.

Recipe Type: Standard	Prep Time: 10 mins
Cook Time: 20 mins	Total Time: 30 mins
Recipe Yield: 300 grams	Number of Servings: 4
Serving Size: 75 g	

## Ingredients

200 g	kale
8 pieces	eggs
1 tsp	salt
1 tsp	pepper
100 g	Cherry Tomatoes

## Directions

### Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

### Step 2

#### Cutting

Wash and chop the kale, tomatoes, and onion.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 3

#### Mixing

In a bowl, whisk the eggs and season with salt and pepper.

Prep Time: 5 mins

#### Step 4

#### Preparation

Grease a muffin tin and divide the kale, tomatoes, and onion evenly among the cups.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 5

Cooking

Pour the whisked eggs over the vegetables in each cup.

Prep Time: 5 mins

Cook Time: 20 mins

#### Step 6



Bake in the preheated oven for 20 minutes, or until the eggs are set.

Prep Time: 0 mins

Cook Time: 20 mins

#### Step 7

Cooling

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

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 150 kcal

Fat: 8g

Protein: 12g

Carbohydrates: 5 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	5 g	9.09%	10%
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	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	280 mg	N/A	N/A

## Vitamins

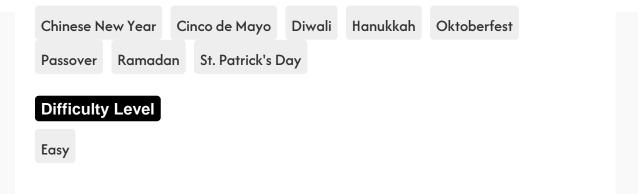
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	30 mcg	54.55%	54.55%

## **Recipe Attributes**

Seasonality
Spring Summer Fall
Events
Picnic
Meal Type
Breakfast Brunch Lunch Snack
Kitchen Tools
Slow Cooker
Course
Appetizers Salads Snacks Sauces & Dressings
Cultural



Visit our website: <u>healthdor.com</u>