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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

100 g cheese

50 g onion

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

Cook Time: 0 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

Oven

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: 8 g

Protein: 12 g

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)
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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

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Difficulty Level

Easy

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