

# Endocrine Wellness Programs

## Egg Muffins

Note: to make vegetarian, skip the ham and add more vegetables

### Ingredients:

- 3 slices of deli ham, cut in half
- 6 eggs
- Shredded cheddar cheese
- 1 cup of diced peppers, cherry tomatoes (or 1 tsp salsa/muffin
- Salt and pepper
- Parsley, chives, or your preference of herbs

### Directions:

1. Preheat oven to 350 degrees
2. Spray each muffin cup with nonstick spray or use a silicon muffin liner
3. Take muffin tin and place 1 slice of ham in each cup (for vegetarian, skip the ham and add the veggies into each muffin cup
4. Whisk the eggs and pour about 1 egg into each muffin tin
5. Sprinkle on cheese, salt, pepper, and sprinkle with herbs
6. Bake in the oven for about 15-20 minutes or until egg is cooked through



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Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories159.3

		% Daily Value*
Total Fat	11 g	14 %
Saturated Fat	5.2 g	26 %
Trans Fat	0 g	
Cholesterol	192.8 mg	64 %
Sodium	341.1 mg	15 %
Total Carbohydrate	2.9 g	1 %
Dietary Fiber	0.2 g	1 %
Total Sugars	1.7 g	
Added Sugars	0 g	0 %
Protein	12 g	
Vitamin D	1.1 mcg	5 %
Calcium	133.7 mg	10 %
Iron	0.7 mg	4 %
Potassium	139.2 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)

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