

Bell Pepper Baked Eggs (Halloween Style)

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/bell-pepper-halloween-recipe>

Ingredients:

- 1 bell pepper medium, sliced into rings, see note for ring size
- 3 sprays cooking oil spray
- 2 large eggs
- salt
- pepper
- 1 avocado medium, seeded
- 1 teaspoon lemon juice
- salt
- pepper
- 1 whole wheat english muffin split and toasted
- 1/2 cup baby spinach leaves
- 1 small tomato thinly sliced
- 3 teaspoons Sriracha sauce
- 2 black olive slices

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 210 milligrams
4. Fat: 22 grams
5. Fiber: 13 grams
6. Protein: 14 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1140 milligrams
9. Sugar: 7 grams

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