

# Breakfast Egg Muffins

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-muffins-indian-recipe>

## Ingredients:

- 10 large eggs
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon pepper or to taste
- 4 slices bacon fried and chopped
- 1 red bell pepper chopped
- 1 cup cheddar cheese shredded
- 1/2 cup spinach frozen, excess water removed, if using fresh cook it first

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 575 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 14 grams
8. Sodium: 880 milligrams
9. Sugar: 3 grams

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