

Muffin Tin Omelets

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-recipe-stored-in-a-tin>

Ingredients:

- 12 eggs
- 1/2 cup heavy cream
- 1 cup shredded sharp cheddar cheese
- 1 cup chopped ham
- 3 green onions chopped
- salt
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 240 milligrams
4. Fat: 13 grams
5. Protein: 9 grams
6. SaturatedFat: 6 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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