

Italian Omelette Muffins

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-omelette-recipe>

Ingredients:

- 1/3 pound prosciutto diced small
- 1 jar roasted red peppers 12 ounce size, drained and diced small
- 5 ounces goat cheese crumbled
- 2 tablespoons basil pesto sauce jarred or homemade
- 8 whole eggs
- 1/2 cup milk
- 1 pinch salt
- 1 pinch crushed red pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 485 milligrams
4. Fat: 27 grams
5. Protein: 34 grams
6. SaturatedFat: 13 grams
7. Sodium: 930 milligrams
8. Sugar: 4 grams

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