

Mexican Egg Cups

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-egg-cups-recipe>

Ingredients:

- 8 eggs beaten
- 4 ounces green chilis
- 1 cup shredded cheese optional and many kinds of cheeses would work perfectly
- 1 green onion
- 1 cup taco meat seasoned, cooked
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- cayenne optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 485 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams
8. Sodium: 900 milligrams
9. Sugar: 3 grams

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