

Mexican Scrambled Egg Muffins Freezer Meal

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 3/4 egg whites
- 4 eggs
- 1/3 cup milk
- 1 teaspoon Mexican seasoning
- 1/2 cup Mexican cheese shredded
- 1 cup spinach frozen chopped and thawed
- 2 tablespoons chunky salsa mild

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 155 milligrams
4. Fat: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 240 milligrams
8. Sugar: 2 grams

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