

# Mexican Egg Bake with Spinach, Black Beans and Cheese

Yield: 8 min  
Total Time: 45 min

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

## Ingredients:

- 12 eggs
- salt
- pepper
- 11 ounces baby spinach or kale
- 15 ounces black beans drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 bunch scallions minced
- 2 1/2 ounces shredded sharp cheddar cheese
- cilantro optional
- avocado optional
- cherry tomatoes optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 325 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

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