

# Mini Muffin Frittatas

Yield: 24 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-mini-muffin-tins-for-christmas-treats>

## Ingredients:

- 2 leaves large chard, center ribs removed
- 1 teaspoon salt for the blanching water
- 1 tablespoon butter
- 6 shiitake mushrooms 1.5 ounces total, minced
- 1/4 cup shallots minced
- 1 tablespoon fresh oregano chopped, or 1 teaspoon of dried crumbled oregano
- 3 tablespoons crumbled feta cheese
- 8 large eggs beaten
- 1/4 teaspoon salt more or less to taste
- 1/8 teaspoon ground pepper
- 2 muffin 12-well mini-, tins, greased with a little butter or olive oil

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams

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