

Scrambled Egg Breakfast Muffins

Yield: 12 min
Total Time: 35 min

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

Ingredients:

- 12 eggs
- 1/2 teaspoon seasoned salt
- 3 tablespoons onion diced
- 1 cup cooked ham diced, could also use cooked bacon or cooked sausage
- pepper to taste
- 1/4 teaspoon garlic powder
- 1/4 cup red bell pepper diced
- 1/4 cup fresh mushrooms diced, I sauteed mine first
- 1 cup shredded cheddar cheese I use sharp
- 1/2 cup baby spinach finely shredded

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 230 milligrams
4. Fat: 9 grams
5. Protein: 12 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 290 milligrams
8. Sugar: 1 grams

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