

# Egg Bites



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 12

**Prep:** 5 minutes | **Cook:** 15-17 minutes

## INGREDIENTS

- 12 eggs
- Salt
- Pepper
- Non-stick spray or muffin baking cups

## DIRECTIONS

1. Crack eggs into tin and season with salt and pepper.
2. Bake for 15-17 minutes. Allow to cool slightly before removing.
3. Can be stored in a sealed container in the fridge for up to 4 days.

Notes:

- Add chopped vegetables such as tomato, onion, cilantro or spinach for extra flavor and nutrients.



### Nutrition Information

*Serving Size: 1 egg bite*

<b>Calories</b>	<b>77</b>
<b>Total fat</b>	<b>5 g</b>
Saturated Fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>186 mg</b>
<b>Sodium</b>	<b>62 mg</b>
<b>Carbohydrates</b>	<b>0 g</b>
Fiber	0 g
Sugars	0 g
<b>Protein</b>	<b>6 g</b>

Recipe adapted from:  
Familyfreshmeals.com