

Smart Nutrition for Consistent Energy

Florentine Egg Puffs

Serves 4 (3 egg puffs per serving)

Ingredients

- 1 tablespoon butter
- 1 cup mushrooms, white or cremini, sliced
- 2 cups fresh spinach, loosely packed
- 1 cup red bell pepper, (1 medium), diced
- 8 eggs, whisked
- ½ cup shredded mozzarella cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

Preheat oven to 400 degrees.

Heat butter in a large skillet on medium heat. Add mushrooms and bell peppers; season with salt.

Cook mushroom and pepper mixture until just tender, about 5 minutes; add spinach.

Continue cooking until water evaporates, 2-4 minutes. Remove from heat and set aside to cool.

Combine eggs with cooked vegetables and cheese in a bowl.

Portion mixture into greased 12-cup muffin tin.

Bake until eggs are puffy and firm, about 10-15 minutes.



Nutrition Facts	
Florentine Egg Puffs	
Amount per Serving	
Calories	214
	% Daily Value*
Fat 15g	23%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 346mg	115%
Sodium 398mg	17%
Potassium 373mg	11%
Carbohydrate 5g	2%
Fiber 1g	4%
Sugar 3g	3%
Protein 16g	32%
Vitamin A 3231IU	65%
Vitamin C 52mg	63%
Calcium 140mg	14%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.