

Easy Mini Quiche Muffins

Although the focus of this dish is the eggs, it is also packed with a variety of vegetables that are inexpensive and available year-round. Plan to eat 7–10 servings of Vegetables and Fruit every day!



Ingredients:

8 large	Eggs	8 large
4 cups	Italian mixed frozen vegetables, thawed and diced	1 kg
2 cups	Potatoes, peeled, cooked and diced	500 mL
½ cup	Bread crumbs	125 mL
1 cup	Tomatoes, diced and drained	250 mL
1 cup	Cooked lean ground beef	250 mL
½ cup	Reduced fat cheddar cheese, 21% M.F. or less, grated	125 mL
1 Tbsp	Parsley flakes	15 mL
1 tsp	Garlic powder	5 mL
1 Tbsp	Onion flakes	15 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. Lightly spray a muffin tin with non-stick cooking spray. Set aside.
3. In a large bowl, beat eggs with a fork until smooth.
4. Add remaining ingredients to eggs; mix well.
5. Spoon egg mixture into prepared muffin tins.
6. Bake at 375°F (190°C) oven for 20 to 25 minutes or until eggs are set and firm to touch.
7. Allow muffins to cool for at least 5 minutes before removing from pan.

Makes 12 muffins (151 g each)

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Nutrition Facts	
Per 1/12 of recipe (1 muffin / 151 g)	
Amount	% Daily Value
Calories 170	
Fat 6 g	9 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 135 mg	
Sodium 250 mg	10 %
Carbohydrate 18 g	6 %
Fibre 3 g	12 %
Sugars 1 g	
Protein 12 g	
Vitamin A	130 %
Vitamin C	15 %
Calcium	8 %
Iron	10 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Source of potassium	344 mg
Source of calcium	97 mg
Source of magnesium	32 mg
High in folate	53 mcg
Source of iron	1.7 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	2

This is a Choose Sometimes recipe (Mixed Dish – Meat-based) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Muffin tin