DietCloud – Recipe

Recipe Name: Egg Muffin With Vegetables Recipe
Diet Type: Vegetarian
Course: World Breakfast
Cuisine: Continental
Quantity:



Ingredients

Ingredient	Quantity
• 5 Whole Eggs	4
• 1 cup Spinach - chopped	
• 1/2 cup Red Bell pepper (Capsicum) - chopped	
• Green Bell Pepper (Capsicum) - chopped	
• 2 Green Chillies - chopped	
• 1/2 cup Spring Onion Greens - chopped	
• 1/2 tablespoon Black pepper powder	
• 1/2 tablespoon Chaat Masala Powder	
• Salt - to taste	
• 3 to 4 tablespoons Cheese - grated	
• Sunflower Oil - as required	

Preparation

• To begin making the Egg Muffin With Vegetables recipe, preheat the oven at 200 degree.
• Heat 1/2 tablespoon oil in a wok/kadai.
• Add all vegetables including red and green capsicum, spring onion and spinach.
• Saute for 2 minutes and turn off the flame.
• Let it cool down.
• On other hand, take a bowl and crack all the eggs.
• Beat them properly.
• Add green chillies, black pepper powder, chaat masala and salt to taste.
• Grease muffin tray with rest of oil.
• Once the vegetables cool down, mix them with eggs.
• Add the egg mixture in the muffin tray using a spoon.
• Sprinkle some grated cheese on it.

- Pop the tray into the oven for 15 to 18 minutes until the tops are firm to touch.
- Once its done, take them out and enjoy hot fluffy egg muffin.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)