

# EGG CUPS (2 WAYS)



A RECIPE BY @CHEFWITHIBD

## TIME AND SERVINGS

PREP: 15 MIN      SERVINGS:  
COOKING: 10 MIN      6 (2 CUPS EACH)  
TOTAL: 25 MIN

## DIRECTIONS

- PREHEAT THE OVEN TO 350°F
- PREP MUFFIN TIN WITH PAPER CUPS OR OLIVE OIL



### VEGETABLE

- IN A BOWL, ADD EGGS, MUSHROOMS, SPINACH, GRUYERE, GREEN ONION, SALT, AND PEPPER
- WHISK TOGETHER

### MEAT AND CHEESE

- COOK HALF POUND OF GROUND MEAT IN A SAUTÉ PAN AND SET ASIDE
- IN A BOWL, ADD EGGS, COOKED MEAT, SHREDDED MILD CHEDDAR, GREEN ONIONS, SALT, AND PEPPER,
- WHISK TOGETHER



- BAKE FOR 25-30 MINUTES OR UNTIL COOKED THROUGH

## INGREDIENTS

### FOR PORK & CHEESE EGG CUPS:

- 5 EGGS, BEATEN
- ½ LB. GROUND PORK, PREFERABLY ORGANIC
- 6 OZ. MILD CHEDDAR CHEESE, SHREDDED FROM BLOCK
- 3 GREEN ONIONS, CHOPPED
- SALT, TT + PEPPER, TT

### FOR MUSHROOM, SPINACH, & GRUYERE EGG CUPS:

- 5 EGGS, BEATEN
- ½ CUP MUSHROOMS, DICED
- ½ CUP SPINACH, CHOPPED
- 6 OZ. GRUYERE, SHREDDED FROM BLOCK
- 3 GREEN ONIONS, CHOPPED
- SALT, TT + PEPPER, TT

## NUTRITION FACTS

MEAT AND CHEESE (X1)  
CALORIES- 238  
CARBS- .5G  
FAT- 16.4G  
PROTEIN- 19.8G

VEGETABLES (X1)  
CALORIES- 182  
CARBS- 1.3G  
FAT- 13.1G  
PROTEIN- 14.4G

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