



Ham & Asparagus Egg Muffins



Ingredients

- nonstick cooking spray
- 5 large eggs
- 1/2 cup 2% milk
- 8 ounces ham, diced
- 1/2 pound asparagus, trimmed and sliced

Directions

Makes 6 servings

1. Preheat oven to 350 F.
2. Spray muffin tin(s) with nonstick cooking spray. Set aside.
3. In a medium bowl, beat eggs slightly with a whisk. Add milk and whisk until well blended. Add ham and asparagus. Stir until combined.
4. Pour 1/4 cup egg mixture into each muffin cup.
5. Bake for 15 to 20 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
6. Serve warm.



MAIN DISH



TIP

Make these egg muffins vegetarian by substituting extra eggs or your favorite cheese for the ham.

= gluten free

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Nutrition Facts

Serving Size 2 egg muffins (145g)
Servings Per Container 6

Amount Per Serving

Calories 130 Calories from Fat 50

Total Fat 6g 9%

Saturated Fat 2g 40%

Trans Fat 0g

Cholesterol 230mg 77%

Sodium 500mg 21%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 14g

Vitamin A 10% Vitamin C 6%

Calcium 6% Iron 8%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,800

Total Fat Less than 65g 65g

Saturated Fat Less than 25g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 310g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: eggs, milk
Carb choices per serving: 0