

Mushroom Spinach Mini Egg Frittatas

Prep Time 15 mins
Total Time 30 mins

Meal Type Breakfast
Contributed By



JULIE HARRINGTON
REGISTERED DIETITIAN & CULINARY NUTRITIONIST

Source From [Chef Julie Harrington, RD](#)

Servings 2



Ingredients

- 6 eggs
- 1 cup spinach, baby, *chopped*
- 1 cup mushrooms, *chopped*
- 3 scallions, *chopped*
- salt, *to taste*
- pepper, *to taste*
- cooking spray

Directions

Prep

1. Preheat oven to 350° degrees F.
2. Chop mushrooms, spinach, and scallions.
3. In a bowl, whisk eggs. Season with salt and pepper.

Make

1. Coat 6 wells of a muffin tray with cooking spray. Evenly fill muffin tins with spinach, mushrooms, and scallions.
2. Pour eggs over veggie mixture.
3. Bake for 15 minutes or until eggs are cooked through.

Notes

(Makes 6 mini frittatas. Serving size = 3 mini frittatas) Mini egg frittatas freeze well. Make a large batch for quick and easy breakfasts.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 235 per serving	Total Fat 14.5g	22%	Total Carbohydrates 5g	1%	
			Dietary Fiber 1g	4%	
			Total Sugars 2g		
			Protein 21g		