

Low-Carb Bacon Spinach Egg Cups



Low-carb egg and cheese veggie muffins perfect for on the go. You can make them ahead and reheat in the microwave a few seconds. A great change from the usual low-carb bacon and eggs!

INGREDIENTS:

- Cooking spray
- 4 slices thick-cut bacon, diced
- 1/2 (12 ounce) package frozen chopped spinach, thawed and drained
- 4 mushrooms, chopped
- 1/4 green bell pepper, chopped
- 2 slices onion, chopped, White Onion, Large
- 1 pinch salt and ground black pepper to taste
- 6 eggs
- 1 tablespoon heavy whipping cream
- 1 1/4 cups shredded Colby-Jack cheese, divided
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pinch onion powder
- 1 pinch garlic powder

COOKING INSTRUCTIONS:

- ❖ Preheat oven to 350 degrees F (175 degrees C). Spray 12 muffin cups with cooking spray
- ❖ Cook and stir bacon in a skillet over medium-high heat until crisp, about 10 minutes. Transfer bacon to a bowl, reserving bacon grease in the skillet

- ❖ Combine spinach, mushrooms, green bell pepper, onion, salt, and ground black pepper to taste in the skillet with bacon grease; cook and stir until softened, about 5 minutes. Transfer vegetable mixture to a bowl and place in the freezer to cool, about 5 minutes
- ❖ Whisk eggs and cream together in a bowl; stir in 1 cup Colby-Jack cheese, 1/2 teaspoon salt, 1/4 teaspoon ground black pepper, onion powder, and garlic powder. Add cooled vegetables and bacon to egg mixture and mix gently
- ❖ Scoop 1/4 cup egg mixture into each muffin cup; top each with remaining Colby-Jack cheese
- ❖ Bake in the preheated oven until egg cups are set, about 20 minutes

NUTRITIONAL FACTS PER SERVING:

- ✓ 237 calories
- ✓ 17.7 g fat
- ✓ 4 g carbohydrates
- ✓ 16.5 g protein
- ✓ 223 mg cholesterol
- ✓ 669 mg sodium