

Mushroom Spinach Mini Egg Frittatas

Prep Time 15 mins
Total Time 30 mins
Meal Type Breakfast
Contributed By



JULIE HARRINGTON
REGISTERED DIETITIAN & CULINARY NUTRITION

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

Servings 2



Ingredients

lb,c g,ml

- 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.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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* 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.

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