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### “Egg Muffin Cups”

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Eggs baked in muffin tin stuffed cups – great idea for breakfast, lunch or a grab-and-go snack. Recipe shared by my friend Bonnie Johnson, Las Vegas, NV. She makes them one evening for dinner and then sends the leftovers in lunches later in the week. Makes 12, serves 6

#### Ingredients:

- 1 box (6 oz.) chicken Stove Top stuffing mix
- 1 1/2 cups boiling water
- 12 tablespoons chopped Canadian Bacon
- 12 tablespoons chopped broccoli florets
- 12 eggs
- 12 tablespoons shredded cheese

#### Method:

Preheat oven to 400<sup>0</sup> F. Spray 12 cup muffin tin with non-stick spray.

Add stuffing mix to boiling water. Stir to mix; immediately scoop stuffing into prepared muffin tins and press firmly onto bottom and up the sides of each cup. Sprinkle each cup with 1 tablespoon chopped Canadian Bacon and 1 tablespoon broccoli. Break one egg into each cup and top with 1 tablespoon shredded cheese. Bake for about 20 minutes or until yolks are set.

Allow to stand 5 minutes before serving; serve with fresh fruit and a glass of milk.

| <b>Nutrition Facts</b>   |                              |
|--|------------------------------|
| Serving Size 2 egg cups (170g)   |                              |
| Servings Per Container 6   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories 340</b>  | <b>Calories from Fat 150</b> |
| % Daily Value*   |                              |
| <b>Total Fat 17g</b>   | <b>26%</b>                   |
| Saturated Fat 6g   | 32%                          |
| <b>Cholesterol 450mg</b>   | <b>149%</b>                  |
| <b>Sodium 880mg</b>  | <b>37%</b>                   |
| <b>Total Carbohydrate 22g</b>  | <b>7%</b>                    |
| Dietary Fiber 1g   | 5%                           |
| Sugars 5g  |                              |
| <b>Protein 24g</b>   |                              |
| Vitamin A 25%  | Vitamin C 15%                |
| Calcium 20%  | Iron 15%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000 2,500        |
| Total Fat  | Less than 65g 80g            |
| Saturated Fat  | Less than 20g 25g            |
| Cholesterol  | Less than 300mg 300mg        |
| Sodium   | Less than 2,400mg 2,400mg    |
| Total Carbohydrate   | 300g 375g                    |
| Dietary Fiber  | 25g 30g                      |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |