

Cheesy Egg and Veggie Cups

H. J. Heinz Company/ Kraft Foods

Servings: 6

2 tablespoons oil
2 1/2 cups shredded hash brown potatoes
2 cups mixed cut-up vegetables (broccoli florets, chopped red peppers, shredded carrots)
1 cup sharp Cheddar cheese, shredded
8 eggs
3 tablespoons milk
1/4 cup grated Parmesan cheese

Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

Heat the oil in a large nonstick skillet on medium high heat. Add the potatoes and the remaining vegetables. Mix lightly. Cook for 6 to 8 minutes or until the potatoes are browned, stirring occasionally.

Spoon into twelve muffin pan cups sprayed with cooking spray. Top with the Cheddar.

In a bowl, whisk the remaining ingredients until blended. Pour over the ingredients in the muffin cups.

Bake for 15 minutes or until a knife inserted in the centers comes out clean. Cool for 5 minutes before removing the cups from the pan. Serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 235 Calories; 19g Fat (72.5% calories from fat); 15g Protein; 1g Carbohydrate; 0g Dietary Fiber; 306mg Cholesterol; 276mg Sodium. Exchanges: 2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	235	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.5%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	19g	Folacin (mcg):	36mcg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 306mg
Carbohydrate (g): 1g
Dietary Fiber (g): 0g
Protein (g): 15g
Sodium (mg): 276mg
Potassium (mg): 123mg
Calcium (mg): 226mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 558IU
Vitamin A (r.e.): 163 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 235 **Calories from Fat:** 170

% Daily Values*

Total Fat 19g			29%
Saturated Fat 7g			37%
Cholesterol 306mg			102%
Sodium 276mg			12%
Total Carbohydrates 1g			0%
Dietary Fiber 0g			0%
Protein 15g			
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Vitamin A			11%
Vitamin C			0%
Calcium			23%
Iron			8%

* Percent Daily Values are based on a 2000 calorie diet.