

Eggs in Pepper Cups

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Servings: 4

4 small multicolored bell peppers
4 large eggs
Kosher salt
freshly ground black pepper
chopped fresh herbs

Preparation Time: 5 minutes

Preheat the oven to 350 degrees.

Slice the bottom two inches from each pepper (in one piece) to form shallow cups. Reserve the tops for another use.

Put the peppers on a baking sheet. Crack one egg into each pepper. Season with salt and pepper.

Bake until the whites are firm and the yolks are still a little runny, about 25 minutes.

Sprinkle with chopped fresh herbs of your choice.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	74	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	35.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	24mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	6g
Sodium (mg):	70mg
Potassium (mg):	67mg
Calcium (mg):	26mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	244IU
Vitamin A (r.e.):	70RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	74	Calories from Fat: 46
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% Daily Values*

Total Fat	5g	8%
Saturated Fat	2g	8%
Cholesterol	212mg	71%
Sodium	70mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	6g	
Vitamin A		5%
Vitamin C		0%
Calcium		3%
Iron		5%

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