



Healthy Food for Kids

7

Tasty, Cost-Effective, and Nutritious Recipes!

Breakfast Egg Muffins



Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
12 eggs	Kroger Grade AA Medium Eggs	\$2.49/dozen	Ralphs
2-3 handfuls spinach	Good and Gather Organic Baby Spinach	\$3.49/5 oz.	Target
1 red bell pepper		\$1.49/pepper	Ralphs
1/2 red onion		\$0.75/large onion	Ralphs

Ingredients Likely At Home

1 teaspoon salt	Morton Iodized Salt	\$0.87/26 oz.	Target
1/4 teaspoon ground black pepper	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target

Cost of Ingredients Not Likely at Home:
\$8.22 (Total); \$1.37 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$14.78 (Total); \$2.46 (per serving)

Recipe



Prep Time:
10 min
Cook Time:
20 min

1.

- Preheat the oven to 400 degrees F

2.

- Crack the eggs into a large bowl together with salt and pepper and whisk until combined
- Add the spinach (chopped), red bell pepper (chopped), and red onion (diced) and mix until all ingredients are combined

3.

- Grease a non-stick muffin tray (12 muffins) with oil (or use spray oil)
- Pour the egg mixture into the muffin slots and place in the oven for 20-25 minutes

4.

- Remove from the oven and leave to slightly cool
- Remove the muffins with a plastic or wooden spoon



Nutrition Facts

6 servings per recipe

Serving size

1 serving

Amount per serving

Calories

138.8

% Daily Value*

Total Fat 8.2g **13%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 330mg **110%**

Sodium 534.5mg **22%**

Total Carbohydrates 4g **1%**

Dietary Fiber 1.2g **5%**

Total Sugars 1.8g

Includes 0g Added Sugars **0%**

Protein 13.3g **27%**

Vitamin D 0mcg **0%**

Calcium 85.77mg **8.6%**

Iron 2.67mg **14.8%**

Potassium 202.3mg **5.8%**

Vitamin A 1295mcg **86.3%**

* The % 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.

A graphic of a spotlight with a yellow beam shining down on the text.

Nutrition Spotlight

Vitamin A

The fat-soluble Vitamin A is a very tiny nutrient in size, but does plenty of jobs in our body! To name a few, Vitamin A helps with our immune system such as anti-inflammation and mucous barriers, regenerates skin cells, and strengthens our vision in the dark. Because Vitamin A is so important, these breakfast egg muffins help us to achieve our goal of eating the right amount everyday. It is recommended that children 4-8 years old consume 400 mcg everyday and children 9-13 years old consume 600 mcg. Vitamin A can be found in: milk, eggs, leafy green vegetables, orange and yellow vegetables, tomatoes, and fruits.

Because Vitamin A is involved in so many of our internal processes, a lack of Vitamin A can cause many issues in the future. A low amount of Vitamin A in the body is referred to as Vitamin A deficiency. Since Vitamin A helps to regenerate cells and create barriers against infection, people who are diagnosed with Vitamin A deficiency tend to suffer from infections because their bodies are not well-prepared to fight them. By eating Vitamin A-packed foods, we can help our bodies to help ourselves!

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:

<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Nutrition Meets Chef' recipe, found here:

<https://nutritionistmeetschef.com/breakfast-egg-muffins-perfect-for-meal-prep/>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:

<https://cronometer.com/>

The information on Vitamin A was retrieved from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3936685/>

<https://www.ncbi.nlm.nih.gov/books/NBK482362/>

<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*