

# Healthier Recipes for...

## Baked Egg Muffins: Soft Diet

By Priscilla Vanessa Louise

Serves: 4



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 1 onion, chopped</li> <li>• 6 eggs</li> <li>• ¼ red capsicum, chopped</li> <li>• 50 g spinach, chopped</li> <li>• 200 g minced chicken</li> <li>• 3 slices low fat cheese</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Salt &amp; pepper to taste</li> </ul>	Energy (kcal)	219
	Carbohydrate (g)	2
	Protein (g)	23
	Fat (g)	13
	<ul style="list-style-type: none"> <li>• Saturated Fat (g)</li> </ul>	6
	<ul style="list-style-type: none"> <li>• Polyunsaturated Fat (g)</li> </ul>	1
	<ul style="list-style-type: none"> <li>• Monounsaturated Fat (g)</li> </ul>	5
	Cholesterol (mg)	283
	Dietary Fibre (g)	1
	Sodium (mg)	214

### Methods

1. Preheat oven to 175 degrees C. Lightly grease 6 muffin cups, or line with paper muffin liners.
2. Heat a large skillet over medium-high heat and stir in minced chicken; cook and stir until chicken is evenly browned, and no longer pink, 10 to 15 minutes; drain.
3. Beat eggs in a large bowl. Stir in onion, red pepper, spinach, salt and pepper. Mix in chicken and cheese. Spoon by 1/3 cupful into muffin cups.
4. Bake in preheated oven until a knife inserted near the center comes out clean, 20 to 25 minutes.

### NUTRITION & DIETETICS and FOODSERVICES

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