



# Omelet muffins

15'  
Hands on

25'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Ingredients

- 6 eggs, medium
- 50 g heavy cream 35%
- salt
- pepper
- 1 onion
- 1/2 red bell pepper
- 1/2 orange bell pepper
- 1/2 green bell pepper
- 3 slices turkey, smoked
- 50 g cheddar, grated
- 2 tablespoon(s) chives, finely chopped
- rocket, to serve

## Διατροφικός πίνακας

Nutrition information per portion

505 Calories (kcal)	34.0 Total Fat (g)	16.0 Saturated Fat (g)	12.0 Total Carbs (g)
25%	49%	80%	5%
11.0 Sugars (g)	34.0 Protein (g)	7.3 Fibre (g)	2.1 Sodium (g)
12%	68%	29%	35%

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Put paper baking cups into a [6-cup muffin pan](#) and set it aside until needed.
- In a [bowl](#), whisk the eggs with the heavy cream, the salt, and the pepper.
- Finely chop the onion, the peppers, the turkey, and add them to the bowl with the eggs. Add the cheddar cheese, the chives, and whisk.
- Divide the mixture among the muffin cups, filling the  $\frac{3}{4}$  of each cup.
- Bake for 20-25 minutes until the muffins are set and golden.
- Serve with rocket leaves.