

Egg Muffins with Pancetta, Green Onions and Cheddar

Loosely adapted from a recipe at Kalyn's Kitchen (blog)

Internet Address:



Servings: 12

1. Preheat oven to 350°. Oil or butter a muffin tin and set aside.
2. In a very large bowl combine the eggs and water. Whisk to blend, then add the almond meal, flour, baking powder and salt and mix thoroughly.
3. Into 12 muffin cups divide the pancetta, green onions and cheese. Don't press down but leave them loosely in each cup.
4. Carefully pour the egg mixture in the muffin cups, filling them nearly to the top (my cups measure 1/2 cup each).
5. Bake for 30 minutes, or until the muffins are cooked through and golden brown. Allow to cool for 3-4 minutes then remove and serve.

2/3 cup almond meal

1/4 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

14 large eggs

3 tablespoons water

1/2 cup pancetta

2 cups cheddar cheese, grated

6 whole green onions, chopped

Serving Ideas: Serve with some tomato salsa on the side, if desired.

Per Serving (excluding unknown items): 224 Calories; 14g Fat (57.6% calories from fat); 18g Protein; 6g Carbohydrate; trace Dietary Fiber; 274mg Cholesterol; 541mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>