

Balsamic Tomato & Basil Mini Egg White Bites

5 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the egg whites, tomato, basil, balsamic vinegar, and salt.
3. Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately five mini egg muffins.

More Flavor

Add black pepper. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings

Add goat cheese or feta cheese.

Ingredients

- 1/2 cup Egg Whites
- 1 Tomato (medium, diced, juices drained)
- 1/2 cup Basil Leaves (chopped)
- 1 1/2 tsps Balsamic Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	46	Calcium	27mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0.3mg
Carbs	3g	Niacin	0mg
Fiber	1g	Vitamin B6	0.1mg
Sugar	1g	Folate	26µg
Protein	8g	Vitamin B12	0.1µg
Cholesterol	0mg	Phosphorous	32mg
Sodium	273mg	Magnesium	18mg
Potassium	252mg	Zinc	0mg
Vitamin A	1389IU	Selenium	12µg
Vitamin C	11mg		