

Bell Pepper Egg Cups

3 ingredients · 20 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour

Roast the red pepper in the oven before cracking the egg into them.

Added Touch

Sprinkle with cheese during the last 2 minutes.

Serve it With

Toast for dipping or our Grain-Free Flax Bread.

More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	175	Cholesterol	372mg
Fat	10g	Sodium	147mg
Carbs	8g	Vitamin A	4266IU
Fiber	3g	Vitamin C	152mg
Sugar	5g	Calcium	64mg
Protein	14g	Iron	2mg