



Power Blend Eggs in a Basket

Servings

4

Calories

140

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann's Power Blend

2 large bell peppers

1 tablespoon butter

4 eggs

chives for garnish, finely chopped

sea salt & black pepper to taste



The Method

Preheat your oven to 350° F. Slice the peppers into (4) 1½” tall rings and remove all ribs and seeds. Set aside.

Heat butter in a large, oven-safe skillet over medium heat. Add Mann's Power Blend to your skillet and sauté just until slightly soft, about 1-2 min. Then, remove from skillet and set aside.

Add the pepper rings to the skillet and fill each ring evenly with the sautéed Power Blend being careful not to fill above the top edge of the ring. Crack an egg over each filled ring and then put in the oven. Bake the rings in the skillet for 15-18 minutes or until egg whites are set. Garnish with salt, pepper, and chives.

Tip: For a more rustic taste, add sage and/or thyme!

Nutrition Facts

Serving Size: 200g | Servings: 4

Amount Per Serving

Calories 140 | Total Fat 7g (sat fat 3g trans 0g) | Cholesterol 170mg | Sodium 110mg | Total Carbohydrate 10g | Dietary Fiber 4g | Sugars 5g (Includes 0 Added Sugars) | Protein 8g | Vitamin D 6% | Calcium 4% | Iron 10% | Potassium 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs