**EASY RECIPE**

**Muffin Frittata**

The yolk is a nutrient goldmine. It is a rich source of:

- Protein
- Vitamin D
- Choline
- Vitamin B12
- Folate
- Vitamin A
- Vitamin B6
- Iron
- Thiamin
- Vitamin E
- Selenium & Zinc
- Phosphorous
- Zinc
- Vitamin E
- Selenium
- Phosphorous

**THE YOLK**

A Nutrient Goldmine
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THE YOLK
A NUTRIENT GOLDMINE
THE YOLK: A Nutrient Goldmine

There’s More to Eggs Than Just The Whites
While eggs are commonly associated with breakfast and protein, many individuals aren’t aware of the nutrient package the whole egg provides. This includes a variety of important vitamins and minerals required for the body to maintain health. These nutrients, a majority of which are found in the yolk, play key roles in many aspects of health at all ages, from supporting fetal development in pregnant women to helping protect brain health in older adults.

Additionally, enjoying an egg a day can fall within current cholesterol guidelines, particularly if individuals opt for other low-cholesterol foods throughout the day. In fact, the American Heart Association includes one medium egg on its list of healthy foods for under $1, making eggs an inexpensive and delicious way for individuals to get these nutrients.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Functions</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Supports normal growth and development during pregnancy</td>
<td>Beef or chicken liver, cod and cauliflower</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Supports normal function of all cells, important for brain development of a fetus during pregnancy</td>
<td>Fortified grain products, beans and spinach</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Supports immune function, eye health and cell growth</td>
<td>Fortified gran products, beans and spinach</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Supports body tissues, such as muscle</td>
<td>Fortified cereal, eggs, fish, poultry, and milk</td>
</tr>
<tr>
<td>Choline</td>
<td>Essential for normal functioning of all cells</td>
<td>Beef or chicken liver, cod and cauliflower</td>
</tr>
<tr>
<td>Folate</td>
<td>Prevents birth defects and damage to DNA needed for cell division and growth</td>
<td>Meat, milk, poultry, milk and fortified breakfast cereals</td>
</tr>
<tr>
<td>Iron</td>
<td>Vital for the health and maintenance of body tissues, such as muscle</td>
<td>Meat, poultry, beans and fortified breakfast cereals</td>
</tr>
<tr>
<td>Zinc</td>
<td>Critical for protein metabolism and synthesis of neurotransmitters, important for immune function</td>
<td>Meats, poultry, beans and nuts</td>
</tr>
<tr>
<td>Phosphorous</td>
<td>Essential for development of healthy DNA, important in bone structure</td>
<td>Milk and other dairy products, meat, fish, poultry and nuts</td>
</tr>
</tbody>
</table>

What You Lose Without the Yolk
Eggs are packed with nutrients. One large egg has varying amounts of 13 essential vitamins and minerals—all for 70 calories. While egg whites contain some of the eggs’ high quality protein, riboflavin and selenium, when you skip the yolk, you lose at least a portion of the following nutrients found in part in the yolk and, in some cases, entirely in the yolk alone:

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<tr>
<td>Vitamin B6</td>
<td>Critical for protein metabolism and synthesis of neurotransmitters, important for immune function</td>
<td>Meat, poultry, beans and fortified breakfast cereals</td>
</tr>
<tr>
<td>Iodine</td>
<td>Needed to transport oxygen throughout the body, involved in regulation of cell growth and immunity</td>
<td>Beef, tuna, fortified cereals, and beans</td>
</tr>
<tr>
<td>Selenium</td>
<td>Required for nutrient metabolism and normal function of the heart, muscles and nervous system</td>
<td>Brazil nuts, fish, poultry and beef</td>
</tr>
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</table>

The Company Eggs Keep
While eggs are often eaten with other foods that are high in calories and saturated fat, that doesn’t have to be the case. Eggs can be paired with almost any vegetable, making it easy to make half your plate fruit and vegetables. To build a balanced plate, add vegetables to easy egg dishes, like casseroles, quiches or on salads. For more information on how to plan a nutritious meal, visit www.choosemyplate.gov.

WHAT YOU NEED
- 6 EGGS
- 1/2 cup milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 cup shredded Cheddar cheese (4 oz.)

MUFFIN FRITTATAS

HERE’S HOW
1. PREHEAT oven to 350°F. BEAT eggs, milk, salt and pepper in medium bowl until blended. ADD cheese, zucchini, bell pepper and onion; mix well. SPOON evenly into 12 greased muffin cups, about 1 1/4 cup each.
2. BAKE in 350°F oven until just set, 20 to 22 minutes. COOL on rack 5 minutes. REMOVE from cups; serve warm.

Meal Tip: Pair with a whole wheat English muffin and a glass of low-fat or fat-free milk for a well-balanced meal.

For other great recipes visit IncredibleEgg.org.
MUFFIN FRITTATAS

WHAT YOU NEED

6 EGGS
1/2 cup milk
1/8 tsp. salt
1/8 tsp. pepper
1 cup shredded Cheddar cheese (4 oz.)

3/4 cup chopped zucchini
1/4 cup chopped red bell pepper
2 tbsp. chopped red onion

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NUTRITION INFORMATION Nutrition information per serving (2 mini frittatas): 164 calories; 11 g total fat; 6 g saturated fat; 1 g polyunsaturated fat; 4 g monounsaturated fat; 207 mg cholesterol; 296 mg sodium; 3 g carbohydrate; 0 g dietary fiber; 12 g protein; 722.9 IU vitamin A; 55.5 IU vitamin D; 35.1 mcg folate; 192.1 mg calcium; 1.1 mg iron; 134.0 mg choline.

This recipe is an excellent source of protein, choline, and a good source of vitamin A, vitamin D, and calcium.

Lighter Option – Recipe can be made with reduced-fat cheese, if desired.