

Instant Pot Spinach Tomato Egg Bites

Prep Time 10 mins
 Total Time 20 mins
 Meal Type Breakfast,Lunch,Snack,Side
 Source [Askew Nutrition & Fitness](#)
 Servings 6



Ingredients

lb,c g,ml

- 4 Eggs
- 1/2 cup null
- 1/4 cup null, *chopped*
- 1/4 cup onion, *diced*
- 1 1/2 cup null, *shredded*
- 1/4 cup tomato, *diced*
- Black Pepper, *to taste*
- 1/4 Green Onion, *for garnish*

Directions

Prep

1. Chop spinach
2. Dice onion and tomato
3. Shred cheese

Make

1. Add egg, cottage cheese, and shredded cheese to blender and blend on high for 30 seconds.
2. Fill egg molds with chopped spinach, diced onion, and tomato.
3. Pour egg mixture into molds until vegetables are covered.
4. Pressure cook on high for 10 minutes.
5. Allow pressure to naturally release for 10 minutes.
6. Serve immediately or store in meal prep containers for up to 5 days.

Notes

Serving Size: 2 Egg Bites

This **egg bite mold** makes making these bites a breeze! If you do not have an Instant Pot you can prepare this recipe the same way and add batter to generously greased muffin tins – bake at 350° F for about 8 minutes until mixture is solid.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	107	Total Fat 7.6g	11%	Total Carbohydrates 3g	0%
		Saturated Fat 4.4g	21%	Dietary Fiber 0g	1%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 26mg	8%	Protein 8g	
		Sodium 194mg	8%		
Vitamin D 0mcg 0% · Calcium 149mg 14% · Iron 0mg 0% · Potassium 18mg 0%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -