



## Avocado Baked Eggs

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



25 min.

SERVINGS



2

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 avocado pitted halved
- 1 pinch cayenne pepper
- 0.3 cup bacon crumbled cooked
- 2 eggs
- 1 tablespoon chives fresh chopped
- 2 servings salt and ground pepper black to taste

### Equipment

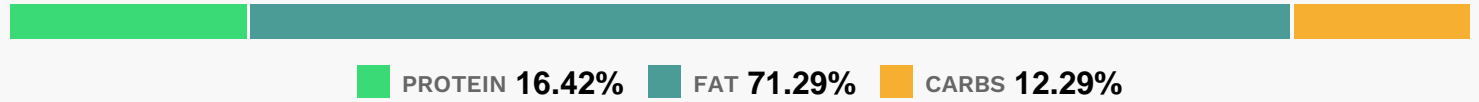
- baking sheet

- oven
- ramekin

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place each avocado half in a ramekin. Crack 1 egg into each avocado half; season with salt, black pepper, and cayenne pepper.
- Place ramekins on a baking sheet.
- Bake in the preheated oven until entire egg is cooked through, about 15 minutes.
- Sprinkle each avocado with bacon and chives.

## Nutrition Facts



## Properties

Glycemic Index:74.5, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:15.041304318801%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 290.68kcal (14.53%), Fat: 23.94g (36.83%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.86g (0.96%), Cholesterol: 177.66mg (59.22%), Sodium: 306.89mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Selenium: 21.09µg (30.13%), Fiber: 6.81g (27.24%), Folate: 103.73µg (25.93%), Vitamin K: 24.64µg (23.46%), Vitamin B5: 2.23mg (22.35%), Vitamin B2: 0.37mg (21.58%), Vitamin B6: 0.41mg (20.61%), Phosphorus: 195.36mg (19.54%), Potassium: 625.4mg (17.87%), Vitamin E: 2.62mg (17.47%), Vitamin B3: 3.28mg (16.4%), Vitamin C: 10.96mg (13.28%), Copper: 0.24mg (12.07%), Vitamin B1: 0.17mg (11.03%), Zinc: 1.65mg (11.03%), Magnesium: 39.68mg (9.92%), Vitamin A: 476.2IU (9.52%), Vitamin B12: 0.55µg (9.09%), Manganese: 0.18mg (8.87%), Iron: 1.49mg (8.3%), Vitamin D: 0.94µg (6.24%), Calcium: 40.15mg (4.02%)