



Bacon and Cheese Egg Cups



Gluten Free



Popular

READY IN



12 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients



2 pieces bacon chopped



6 eggs



6 servings cheese shredded

Equipment



oven

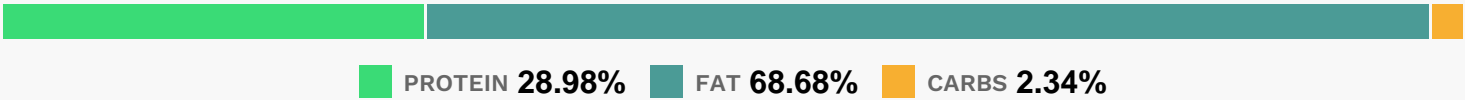


muffin liners

Directions

- ☐ Preheat oven to 400F. Grease 6 muffin cups.
- ☐ Crack egg into each muffin cup, making sure to not break the yolk.
- ☐ Sprinkle cheese on top of the egg, covering surface.
- ☐ Sprinkle bacon pieces on top of cheese. If you want a runny yolk and want to gage the doneness of the yolk, only sprinkle cheese and bacon on the egg white and make sure not to cover yolk.
- ☐ Bake at 400F for 8-10 minutes depending on how well done you want your yolk.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:7.2104348721712%

Nutrients (% of daily need)

Calories: 177.5kcal (8.88%), Fat: 13.35g (20.54%), Saturated Fat: 6.03g (37.72%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.45g (0.5%), Cholesterol: 190.64mg (63.55%), Sodium: 286.59mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Selenium: 19.74µg (28.2%), Phosphorus: 196.8mg (19.68%), Vitamin B12: 1.07µg (17.78%), Vitamin B2: 0.29mg (16.84%), Calcium: 166.41mg (16.64%), Zinc: 1.47mg (9.81%), Vitamin A: 429.59IU (8.59%), Vitamin B5: 0.75mg (7.55%), Vitamin D: 1.02µg (6.81%), Folate: 22.64µg (5.66%), Vitamin B6: 0.1mg (5.23%), Iron: 0.92mg (5.13%), Vitamin E: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.08%), Magnesium: 11.76mg (2.94%), Potassium: 96.52mg (2.76%), Copper: 0.04mg (1.89%), Vitamin B3: 0.36mg (1.79%), Manganese: 0.02mg (1.08%)