



Bacon-and-Egg Braid

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

Ingredients

- 5 slices bacon
- 0.5 cup onion finely chopped
- 6 eggs
- 0.3 cup mayonnaise
- 0.3 teaspoon hot sauce red
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 8 oz regular crescent rolls refrigerated canned
- 3 oz sharp cheddar cheese shredded

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- knife
- whisk

Directions

- Heat oven to 375°F. In 10-inch skillet, cook bacon until crisp; drain on paper towels. Reserve 1 tablespoon drippings in skillet. Cook onion in bacon drippings over medium heat 2 minutes or until tender.
- In medium bowl, beat eggs, mayonnaise, pepper sauce, salt and pepper with whisk until well blended.
- Add egg mixture to skillet; cook 4 minutes, stirring occasionally, until set.
- On ungreased cookie sheet, unroll dough and press into 12x9-inch rectangle. Spoon eggs down center of dough to within 1 1/2 inches of each short side.
- Place bacon over eggs; sprinkle with cheese.
- With sharp knife, make cuts 1 1/2 inches apart on long sides of dough to within 1/4 inch of filling. Bring ends over filling, then alternately cross strips over filling.
- Bake 22 to 24 minutes or until golden brown and no longer doughy.
- Cut crosswise into slices.
- Serve warm.

Nutrition Facts

 PROTEIN 12.63%  FAT 70.13%  CARBS 17.24%

Properties

Glycemic Index:22.67, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:8.2195652308671%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 398.53kcal (19.93%), Fat: 31.41g (48.32%), Saturated Fat: 11.04g (68.98%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 17.12g (6.23%), Sugar: 4.61g (5.12%), Cholesterol: 193.87mg (64.62%), Sodium: 734.39mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Selenium: 21.49µg (30.7%), Phosphorus: 184.42mg (18.44%), Vitamin B2: 0.28mg (16.71%), Vitamin K: 15.88µg (15.12%), Calcium: 130.03mg (13%), Vitamin B12: 0.64µg (10.75%), Zinc: 1.34mg (8.95%), Vitamin B5: 0.87mg (8.69%), Vitamin A: 393.47IU (7.87%), Iron: 1.4mg (7.79%), Vitamin B6: 0.15mg (7.53%), Vitamin D: 1.06µg (7.05%), Folate: 26.68µg (6.67%), Vitamin E: 0.96mg (6.38%), Vitamin B1: 0.08mg (5.3%), Vitamin B3: 0.79mg (3.97%), Potassium: 130.64mg (3.73%), Magnesium: 12.89mg (3.22%), Copper: 0.05mg (2.61%), Manganese: 0.04mg (2.23%), Vitamin C: 1.11mg (1.35%)