



Bacon and Egg Savory Cupcakes

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



457 kcal

Ingredients

- ☐ 16 slices bacon
- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 8 eggs
- ☐ 8 servings salt and pepper

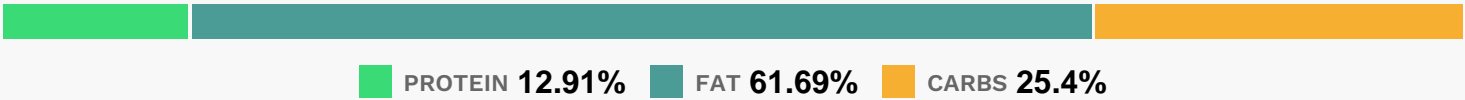
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. In 10-inch skillet, cook bacon over medium heat about 4 minutes or until cooked but not crisp, turning once. (It will continue to cook in the oven.) Set aside.
- ☐ Spray 8 jumbo muffin cups or 8 (6-oz) glass custard cups with cooking spray. Separate dough into 8 biscuits.
- ☐ Place 1 biscuit in each muffin cup, pressing dough three-fourths of the way up sides of cups.
- ☐ Place 2 bacon slices in each biscuit cup, and crack an egg over each. Season with salt and pepper.
- ☐ Bake 25 to 30 minutes or until egg whites are set. Run a small knife around cups to loosen.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:17.72, Inflammation Score:-3, Nutrition Score:12.689565223196%

Nutrients (% of daily need)

Calories: 457.23kcal (22.86%), Fat: 31.18g (47.97%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 28.14g (10.23%), Sugar: 2.17g (2.41%), Cholesterol: 193.3mg (64.43%), Sodium: 1091.67mg (47.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Selenium: 33.21µg (47.45%), Phosphorus: 398.86mg (39.89%), Vitamin B1: 0.39mg (25.71%), Vitamin B2: 0.41mg (23.85%), Vitamin B3: 3.74mg (18.69%), Iron: 2.86mg (15.88%), Folate: 61.11µg (15.28%), Manganese: 0.24mg (12.2%), Vitamin B12: 0.69µg (11.54%), Vitamin B6: 0.22mg (10.95%), Vitamin B5: 1.09mg (10.92%), Vitamin E: 1.41mg (9.42%), Zinc: 1.36mg (9.1%), Potassium: 277.27mg (7.92%), Vitamin D: 1.06µg (7.04%), Calcium: 55.26mg (5.53%), Vitamin A: 255.04IU (5.1%), Magnesium: 20.38mg (5.1%), Copper: 0.1mg (4.91%), Fiber: 0.75g (3%), Vitamin K: 2.5µg (2.38%)