



Bacon Avocado Egg Cups



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

☐ 2 avocados ripe

☐ 4 eggs

Equipment

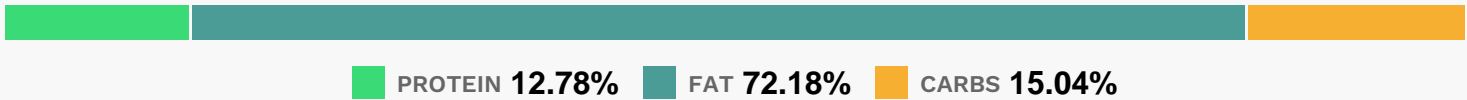
☐ oven

☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Grease muffin pan. Slice avocados in half. Take one half, remove pit, the slice off a small portion of the bottom so that the avocado has a flat edge. Careful not to cut too much as you don't want to cut too deep into the hollowed surface created by the pit. You want there to be an indented round surface in the avocado but you don't want there to be a hole through the bottom as the egg will fall out.
- ☐ Place each cut half (that has hollowed center) into the muffin pan. For the remaining small scraps, you can eat or use for something else.
- ☐ Wrap a strip of bacon around the exterior of the avocado. Break an egg into the center, so that the egg yolk sits in the avocado middle where the pit once was.
- ☐ Bake for about 12–17 minutes, until egg white is fully cooked. Gently remove cups from muffin pan with a large spoon, lifting from the bottom of the cups.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:12.581739197607%

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

Nutrients (% of daily need)

Calories: 223.72kcal (11.19%), Fat: 18.96g (29.17%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.83g (0.92%), Cholesterol: 163.68mg (54.56%), Sodium: 69.51mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Fiber: 6.73g (26.93%), Folate: 102.08µg (25.52%), Vitamin B5: 2.07mg (20.7%), Vitamin K: 21.24µg (20.23%), Selenium: 13.91µg (19.87%), Vitamin B2: 0.33mg (19.51%), Vitamin E: 2.54mg (16.95%), Vitamin B6: 0.33mg (16.65%), Potassium: 548.15mg (15.66%), Phosphorus: 139.38mg (13.94%), Vitamin C: 10.05mg (12.18%), Copper: 0.22mg (11.13%), Vitamin B3: 1.78mg (8.91%), Magnesium: 34.42mg (8.61%), Zinc: 1.21mg (8.07%), Manganese: 0.16mg (7.75%), Vitamin A: 384.33IU (7.69%), Iron: 1.32mg (7.35%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin B1: 0.08mg (5.66%), Calcium: 36.7mg (3.67%)