



Bacon Breakfast Cupcakes

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



154 kcal

Ingredients

- ☐ 0.8 cup bacon crumbled cooked
- ☐ 6 eggs
- ☐ 20 oz hash browns shredded refrigerated
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 oz cheddar cheese shredded
- ☐ 12 servings sriracha
- ☐ 2 tablespoons vegetable oil

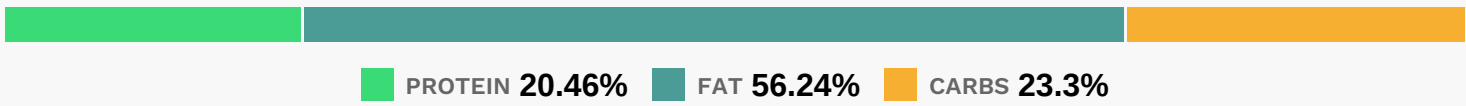
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Heat oven to 400F.
- ☐ Place foil liner in each of 12 regular-size muffin cups. Generously spray with cooking spray.
- ☐ In large bowl, mix potatoes, oil, salt and pepper. Divide evenly among cups; press lightly.
- ☐ Bake 45 to 55 minutes or until golden brown.
- ☐ In medium bowl, beat eggs and milk. Stir in bacon and cheese. Firmly press potatoes in muffin cups with bottom of 1/4-cup dry measuring cup. Top each with slightly less than 1/4 cup egg mixture.
- ☐ Bake 13 to 16 minutes or until knife inserted in center of egg comes out clean. Cool 5 minutes.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:2.49, Inflammation Score:-2, Nutrition Score:5.8095652020496%

Nutrients (% of daily need)

Calories: 153.83kcal (7.69%), Fat: 9.62g (14.8%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.3g (3.02%), Sugar: 0.23g (0.25%), Cholesterol: 96.22mg (32.07%), Sodium: 307.13mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Selenium: 12.53µg (17.9%), Phosphorus: 128.23mg (12.82%), Vitamin B2: 0.16mg (9.32%), Vitamin B3: 1.55mg (7.76%), Calcium: 71.26mg (7.13%), Vitamin B1:

0.1mg (6.51%), Vitamin B6: 0.12mg (6.15%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.36µg (6.02%), Potassium: 210.19mg (6.01%), Zinc: 0.87mg (5.8%), Iron: 0.93mg (5.18%), Vitamin C: 3.95mg (4.79%), Vitamin K: 4.48µg (4.27%), Manganese: 0.08mg (4.16%), Vitamin A: 196.87IU (3.94%), Copper: 0.07mg (3.65%), Vitamin D: 0.54µg (3.59%), Folate: 13.73µg (3.43%), Vitamin E: 0.5mg (3.34%), Magnesium: 12.32mg (3.08%), Fiber: 0.67g (2.69%)