



## Bacon Egg McMuffin Cups



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

### Ingredients

- ☐ 6 slices precooked bacon (I use the packs sold at Costco)
- ☐ 6 eggs
- ☐ 3 muffins english

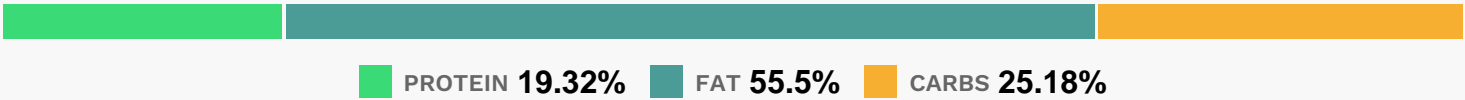
### Equipment

- ☐ oven
- ☐ muffin tray

# Directions

- ☐ Preheat oven to 375F. Grease an oversized muffin pan. If you only have a regular sized pan, you will need to cut the English muffins to fit the pan. But they should fit in an oversized pan.
- ☐ Place half of an English muffin into each mold, squishing it down to the bottom.
- ☐ Wrap the bacon around. It should line the inside of the English muffin. Then crack an egg inside the bacon.
- ☐ Bake for 15–20 minutes until egg white is completely cooked.
- ☐ Serve while warm.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:6.8578261356477%

## Nutrients (% of daily need)

Calories: 221.63kcal (11.08%), Fat: 13.43g (20.66%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 12.94g (4.71%), Sugar: 0.16g (0.18%), Cholesterol: 178.2mg (59.4%), Sodium: 340.36mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.03%), Selenium: 17.93µg (25.61%), Phosphorus: 156.71mg (15.67%), Vitamin B2: 0.26mg (15.46%), Vitamin B5: 0.92mg (9.24%), Vitamin B1: 0.13mg (8.66%), Vitamin B12: 0.51µg (8.55%), Folate: 31.23µg (7.81%), Vitamin B6: 0.15mg (7.28%), Zinc: 1.03mg (6.84%), Vitamin B3: 1.36mg (6.82%), Vitamin D: 0.97µg (6.45%), Iron: 1.11mg (6.19%), Manganese: 0.12mg (5.82%), Vitamin A: 245.74IU (4.91%), Calcium: 40.56mg (4.06%), Potassium: 141.62mg (4.05%), Copper: 0.08mg (3.88%), Vitamin E: 0.56mg (3.71%), Magnesium: 13.9mg (3.48%), Fiber: 0.77g (3.08%)