



Bacon & Egg Toast Cups

READY IN



45 min.

SERVINGS



2

CALORIES



562 kcal

Ingredients

- 2 tablespoons butter unsalted melted
- 4 slices sandwich bread
- 4 slices bacon
- 4 large eggs
- 2 servings salt and pepper

Equipment

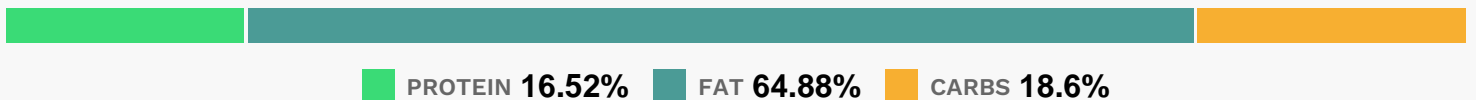
- frying pan
- oven
- knife

- cookie cutter
- muffin liners
- rolling pin

Directions

- Preheat oven to 37
- Lightly butter six standard muffin cups.
- Flatten the bread slices slightly with a rolling pin, and with a four-and-a-half inch cookie cutter, cut into four rounds.
- Cut each round in half, then press the two halves into each muffin cup, overlapping slightly and making sure bread comes up to the edges. Use extra bread and crusts to patch any holes if necessary.
- Brush with remaining butter.
- In a large skillet, cook the bacon until almost crisp, about four minutes, flipping once.
- Lay one bacon slice in each bread cup and crack an egg over each. Season with salt & pepper.
- Bake until egg whites are just set, about twenty-five minutes. The bacon will continue to cook in the oven.
- Run a small knife around cups to loosen toast cups.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:18.072173913043%

Taste

Sweetness: 33.18%, Saltiness: 100%, Sourness: 12.46%, Bitterness: 13.9%, Savoriness: 59.17%, Fattiness: 76.26%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 561.86kcal (28.09%), Fat: 40.12g (61.73%), Saturated Fat: 16.58g (103.64%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 24.74g (9%), Sugar: 3.05g (3.39%), Cholesterol: 431.14mg (143.71%), Sodium: 867.11mg (37.7%), Protein: 22.99g (45.97%), Selenium: 51.28µg (73.26%), Vitamin B2: 0.62mg (36.32%), Phosphorus: 321.22mg (32.12%), Vitamin B1: 0.42mg (27.71%), Folate: 102.92µg (25.73%), Vitamin B3: 4.23mg (21.15%), Vitamin B5: 2.06mg (20.61%), Iron: 3.61mg (20.08%), Vitamin B12: 1.13µg (18.9%), Vitamin A: 906.64IU (18.13%), Calcium: 167.18mg (16.72%), Vitamin B6: 0.33mg (16.67%), Manganese: 0.33mg (16.49%), Vitamin D: 2.39µg (15.91%), Zinc: 2.26mg (15.08%), Vitamin E: 1.67mg (11.16%), Potassium: 287.02mg (8.2%), Magnesium: 31.07mg (7.77%), Copper: 0.15mg (7.74%), Fiber: 1.15g (4.6%), Vitamin K: 1.38µg (1.31%)