



Bacon & Eggs in a Mug

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



230 kcal

Ingredients

- 1 Tbsp three cheese shredded with a touch of philadelphia kraft
- 2 eggs
- 2 Tbsp milk
- 1 Tbsp oscar mayer real bacon bits

Equipment

- microwave

Directions

- Beat eggs and milk with fork in large microwaveable mug until blended. Stir in bacon bits.
- Microwave on HIGH 1 min. 15 sec. to 1 min. 30 sec. or until eggs are almost set.
- Top with cheese.
- Let stand 1 min.

Nutrition Facts

PROTEIN 32.69% **FAT 63.08%** **CARBS 4.23%**

Properties

Glycemic Index:65, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:10.906086903551%

Nutrients (% of daily need)

Calories: 230.03kcal (11.5%), Fat: 15.93g (24.5%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.82g (2.02%), Cholesterol: 355.96mg (118.65%), Sodium: 444.46mg (19.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Selenium: 31.83µg (45.47%), Vitamin B2: 0.51mg (29.98%), Phosphorus: 273.24mg (27.32%), Calcium: 192.23mg (19.22%), Vitamin B12: 1.1µg (18.4%), Vitamin B5: 1.52mg (15.23%), Vitamin D: 2.18µg (14.53%), Vitamin A: 674.1IU (13.48%), Zinc: 1.81mg (12.06%), Folate: 44.51µg (11.13%), Vitamin B6: 0.18mg (8.91%), Iron: 1.56mg (8.69%), Vitamin E: 1.05mg (7.01%), Potassium: 177.99mg (5.09%), Magnesium: 18.21mg (4.55%), Vitamin B1: 0.06mg (3.76%), Copper: 0.07mg (3.43%), Manganese: 0.03mg (1.37%)