



Baked Avocado Bacon and Eggs



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado cut in half and stone removed
- ☐ 2 strips bacon cut into 1/2 inch pieces
- ☐ 2 small eggs
- ☐ 1 serving salt and pepper to taste

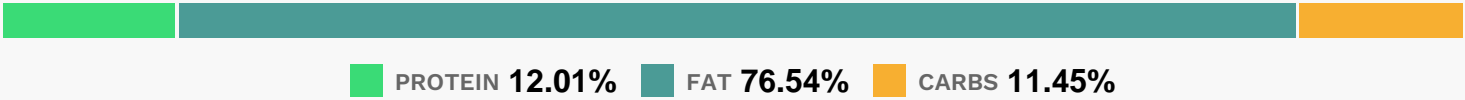
Equipment

- ☐ paper towels
- ☐ oven

Directions

- ☐
- Scoop enough of the avocado out that it can fit the eggs and fill them with the eggs.
- ☐
- Bake in a preheated 425F oven for 15 minutes or until the eggs are set the way you like it. Meanwhile cook the bacon and set aside on paper towels to drain. Season the avocados with salt and pepper to taste, top with the bacon and enjoy with a spoon or on toast.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:26.776521744935%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 613.76kcal (30.69%), Fat: 54.24g (83.44%), Saturated Fat: 12.51g (78.19%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.61g (1.79%), Cholesterol: 311.76mg (103.92%), Sodium: 607.06mg (26.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Fiber: 13.47g (53.87%), Folate: 198.53µg (49.63%), Selenium: 32.98µg (47.11%), Vitamin B5: 4.2mg (42.01%), Vitamin K: 42.44µg (40.42%), Vitamin B6: 0.76mg (38.14%), Vitamin B2: 0.64mg (37.9%), Vitamin E: 5.15mg (34.32%), Potassium: 1166.89mg (33.34%), Phosphorus: 318.36mg (31.84%), Vitamin B3: 5.32mg (26.62%), Vitamin C: 20.1mg (24.36%), Copper: 0.46mg (22.76%), Vitamin B1: 0.29mg (19.1%), Zinc: 2.79mg (18.58%), Magnesium: 72.69mg (18.17%), Manganese: 0.31mg (15.6%), Vitamin B12: 0.9µg (14.94%), Iron: 2.62mg (14.54%), Vitamin A: 720.14IU (14.4%), Vitamin D: 1.7µg (11.31%), Calcium: 69mg (6.9%)