



Baked Egg-in-a-Hole

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 slice bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large eggs
- ☐ 1 teaspoon sage fresh chopped
- ☐ 4 ounce multigrain bread lightly toasted
- ☐ 0.3 ounce pecorino romano cheese fresh grated

Equipment

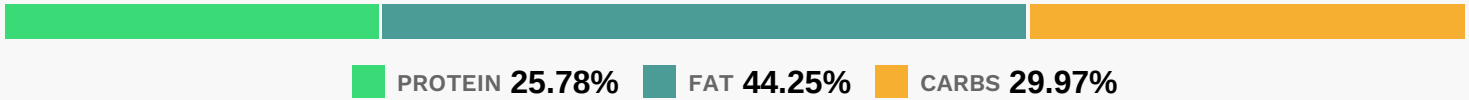
- ☐ frying pan

- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Position an oven rack in the middle setting.
- ☐ Place a jelly-roll pan on rack. Preheat oven to 40
- ☐ Place bacon on heated pan, and cook until crisp (about 4 minutes); crumble.
- ☐ Cut a hole into the center of each toast using a 3-inch biscuit cutter or round cookie cutter. Reserve cutouts.
- ☐ Arrange bread slices on hot pan; crack one egg into each hole.
- ☐ Sprinkle eggs evenly with crumbled bacon, cheese, and sage.
- ☐ Bake at 400 for 5 minutes or until egg whites are set.
- ☐ Sprinkle with pepper, and serve with toast cutout.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:13.207826303399%

Nutrients (% of daily need)

Calories: 174.34kcal (8.72%), Fat: 8.45g (13%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 11.11g (4.04%), Sugar: 1.45g (1.61%), Cholesterol: 191.47mg (63.82%), Sodium: 256.29mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Copper: 1.62mg (81.01%), Selenium: 24.03µg (34.33%), Manganese: 0.69mg (34.3%), Phosphorus: 180.87mg (18.09%), Vitamin B2: 0.29mg (16.91%), Vitamin B5: 1mg (10.01%), Vitamin B1: 0.15mg (9.89%), Calcium: 97.17mg (9.72%), Iron: 1.71mg (9.47%), Folate: 35.55µg (8.89%), Zinc: 1.27mg (8.44%), Vitamin B12: 0.49µg (8.21%), Vitamin B6: 0.16mg (8.14%), Vitamin B3: 1.52mg (7.59%), Magnesium: 30.28mg (7.57%), Fiber: 1.77g (7.07%), Vitamin D: 1.03µg (6.87%), Vitamin A: 280.92IU (5.62%), Vitamin E: 0.71mg (4.71%), Potassium: 156.08mg (4.46%), Vitamin K: 2.6µg (2.48%)