



Baked Eggs with Bacon and Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



884 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 slices bacon
- ☐ 5 ounce baby spinach
- ☐ 4 large eggs
- ☐ 4 tablespoons cup heavy whipping cream
- ☐ 2 sourdough bread whole wheat split english toasted well

Equipment

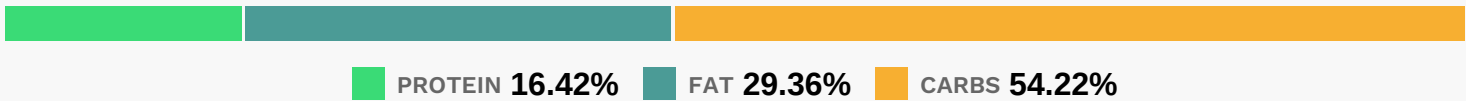
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 400°F. Cook bacon in large skillet over medium heat until crisp; transfer to paper towels.
- ☐ Pour off drippings from skillet; reserve drippings.
- ☐ Add spinach to pan, sprinkle with pepper, and toss over medium heat, 1 minute.
- ☐ Transfer to strainer set over bowl to drain.
- ☐ Brush four 1-cup ramekins with drippings. Crumble bacon.
- ☐ Place 1 toasted English muffin half, split side up, in each ramekin. Divide spinach among ramekins, then sprinkle bacon over, dividing equally. With back of spoon, shape well in center of each ramekin. Gently crack 1 egg into well in each ramekin, keeping yolk intact.
- ☐ Drizzle 1 tablespoon cream over each egg.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake eggs until whites are just set but yolks are still runny, 14 to 16 minutes.
- ☐ Per serving: 284 calories, 17 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 28.13, Glycemic Load: 90.78, Inflammation Score: -10, Nutrition Score: 43.834347849307%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 884.34kcal (44.22%), Fat: 28.89g (44.44%), Saturated Fat: 10.62g (66.39%), Carbohydrates: 120.05g (40.02%), Net Carbohydrates: 114.29g (41.56%), Sugar: 11.24g (12.48%), Cholesterol: 224.73mg (74.91%), Sodium: 1685.04mg (73.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.37g (72.73%), Vitamin K: 173.38µg (165.12%), Selenium: 87.57µg (125.09%), Vitamin B1: 1.75mg (116.66%), Folate: 371.44µg (92.86%), Vitamin B2: 1.32mg (77.5%), Vitamin A: 3825.63IU (76.51%), Manganese: 1.52mg (76.13%), Vitamin B3: 12.55mg (62.74%), Iron: 10.84mg (60.23%), Phosphorus: 410.41mg (41.04%), Magnesium: 111.49mg (27.87%), Vitamin B6: 0.49mg (24.47%), Zinc: 3.61mg (24.09%), Fiber: 5.76g (23.05%), Copper: 0.44mg (22.09%), Calcium: 192.41mg (19.24%), Vitamin B5: 1.77mg (17.67%), Potassium: 611.33mg (17.47%), Vitamin E: 2mg (13.33%), Vitamin C: 10.05mg (12.18%), Vitamin B12: 0.63µg (10.57%), Vitamin D: 1.37µg (9.15%)