



Baked Eggs with Rashers & Bangers

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 tablespoon cheddar cheese irish style grated
- ☐ 8 large eggs to taste ()
- ☐ 4 tablespoon heavy cream
- ☐ 4 servings salt and pepper as needed
- ☐ 4 slice extra-thick cut bacon
- ☐ 4 slice buttered toast as needed
- ☐ 2 tablespoon butter unsalted plus more for ramekins
- ☐ 0.3 cup water
- ☐ 4 bangers irish style

☐ 4 bangers irish style

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ ramekin
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter the bottoms and sides of four 8 to 10 oz ramekins. In a medium sized nonstick sauté pan, cook bacon slices over moderate heat until they are crisped. Move the bacon to a paper towel lined plate to drain. Meanwhile pour off and discard all but 1 tablespoon of the rendered bacon fat. To the sauté pan, add the rashers and cook until well browned on all sides.
- ☐ Add ¼-cup water to the sauté pan, lower the heat to a simmer and cook, covered until cooked through, about 20 minutes. Move the bangers to a cutting board and cut into ½-inch dice. Break the bacon into bite sized pieces.
- ☐ Mix the meats together well. Divide the meat mixture among the four ramekins. Spoon 1 tablespoon of heavy cream into each serving. Crack 2 or 3 eggs into each ramekin and season lightly with salt and pepper.
- ☐ Cut the 2 tablespoons of butter into 12 small pieces and dot the top of each ramekin with 3 pieces of butter.
- ☐ Sprinkle with 1 tablespoon each cheddar cheese. Put ramekins on a baking sheet and bake, rotating pan halfway through, until whites are just set but yolks are still runny, 15 to 20 minutes.
- ☐ Serve warm with toast.

Nutrition Facts



PROTEIN 17.91% **FAT 71.28%** **CARBS 10.81%**

Properties

Glycemic Index:6.75, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:16.496086902592%

Nutrients (% of daily need)

Calories: 519.97kcal (26%), Fat: 40.87g (62.88%), Saturated Fat: 17.97g (112.31%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 13.4g (4.87%), Sugar: 1.9g (2.12%), Cholesterol: 442.98mg (147.66%), Sodium: 808.01mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.21%), Selenium: 49.52µg (70.74%), Vitamin B2: 0.66mg (38.65%), Phosphorus: 351.58mg (35.16%), Vitamin A: 1099.05IU (21.98%), Vitamin B12: 1.27µg (21.16%), Calcium: 202.17mg (20.22%), Vitamin B5: 1.9mg (19.02%), Folate: 73.84µg (18.46%), Vitamin D: 2.58µg (17.19%), Zinc: 2.46mg (16.39%), Vitamin B1: 0.24mg (15.89%), Iron: 2.67mg (14.85%), Vitamin B6: 0.3mg (14.77%), Vitamin B3: 2.41mg (12.03%), Vitamin E: 1.67mg (11.14%), Potassium: 265.62mg (7.59%), Magnesium: 27.43mg (6.86%), Copper: 0.13mg (6.39%), Manganese: 0.13mg (6.35%), Vitamin K: 2.38µg (2.26%), Fiber: 0.55g (2.2%)