



## Baked Eyeball Eggs

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 30 oz hash browns shredded frozen thawed
- ☐ 10.8 oz condensed cream of potato soup canned
- ☐ 8 oz cream sour (1 cup)
- ☐ 6 oz cheddar cheese shredded
- ☐ 2 teaspoons dehydrated onion dried minced
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 6 oz canadian bacon

- ☐ 10 eggs
- ☐ 1 serving catsup

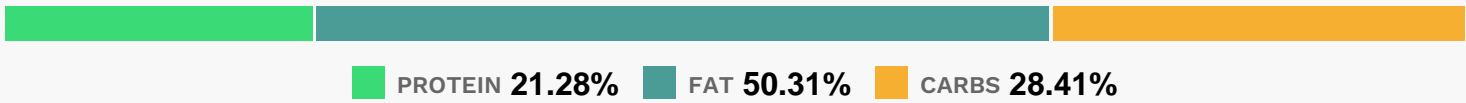
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. In large bowl, mix potatoes, soup, sour cream, cheese, onion, salt and pepper. Spoon mixture into ungreased 13x9-inch (3-quart) glass baking dish, spreading evenly.
- ☐ Arrange bacon slices in pairs over top of potato mixture to resemble eyes. Press bacon into mixture to form deep cups (for eggs).
- ☐ Bake 40 minutes.
- ☐ Remove baking dish from oven. If necessary, press bacon into mixture to reshape cups. Carefully break 1 egg into each bacon cup.
- ☐ Bake 20 to 25 minutes longer or just until eggs are set. Decorate eggs with ketchup "veins" to resemble bloodshot eyeballs.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:4.42, Inflammation Score:-4, Nutrition Score:12.557826011077%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 296.67kcal (14.83%), Fat: 16.66g (25.63%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19.76g (7.18%), Sugar: 2.2g (2.44%), Cholesterol: 204.1mg (68.03%), Sodium: 667.7mg

(29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.71%), Selenium: 24.31µg (34.73%), Phosphorus: 278.26mg (27.83%), Vitamin B2: 0.37mg (21.63%), Calcium: 185.49mg (18.55%), Vitamin B1: 0.25mg (16.73%), Vitamin B5: 1.41mg (14.12%), Vitamin B3: 2.7mg (13.5%), Vitamin B6: 0.26mg (13.18%), Potassium: 456.85mg (13.05%), Manganese: 0.25mg (12.73%), Vitamin B12: 0.75µg (12.43%), Zinc: 1.86mg (12.37%), Vitamin A: 578.06IU (11.56%), Iron: 1.9mg (10.57%), Copper: 0.2mg (10%), Vitamin D: 1.46µg (9.72%), Vitamin C: 7.98mg (9.67%), Folate: 32.08µg (8.02%), Magnesium: 25.84mg (6.46%), Fiber: 1.41g (5.66%), Vitamin E: 0.76mg (5.04%), Vitamin K: 1.34µg (1.28%)