



Bird's Nest Breakfast Cups



Gluten Free



Popular

READY IN



50 min.

SERVINGS



24

CALORIES



91 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices bacon divided crumbled cooked
- ☐ 12 eggs
- ☐ 1 teaspoon ground pepper black
- ☐ 30 ounce hash brown potatoes shredded frozen thawed
- ☐ 2.5 tablespoons olive oil
- ☐ 2.5 teaspoons salt
- ☐ 0.3 cup cheddar cheese shredded divided
- ☐ 2 tablespoons water

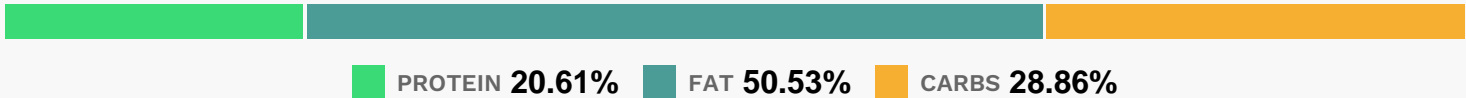
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease 24 muffin cups.
- ☐ Mix hash brown potatoes, salt, black pepper, olive oil, and 2/3 cup shredded Cheddar cheese in a bowl. Divide mixture between prepared muffin cups and use your fingers to shape potato mixture into nests with hollows in the middle.
- ☐ Bake in the preheated oven until hash browns are browned on the edges and cheese has melted, 15 to 18 minutes.
- ☐ Remove hash brown nests.
- ☐ Reduce oven temperature to 350 degrees F (175 degrees C).
- ☐ Whisk eggs and water in a bowl until thoroughly combined; season with salt and black pepper.
- ☐ Pour equal amount of egg mixture into each nest; sprinkle with bacon crumbles and 1 teaspoon Cheddar cheese.
- ☐ Bake in the oven until eggs are set, 13 to 16 minutes.
- ☐ Let cool in pans and remove by sliding a knife between potato crust and muffin cup.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:3.8678261093471%

Nutrients (% of daily need)

Calories: 90.9kcal (4.55%), Fat: 5.11g (7.86%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.05g (2.2%), Sugar: 0.09g (0.1%), Cholesterol: 85.66mg (28.55%), Sodium: 333.88mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Selenium: 8.55µg (12.21%), Phosphorus: 76.08mg (7.61%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.49mg (4.88%), Vitamin B3: 0.89mg (4.44%), Iron: 0.78mg (4.32%), Potassium: 146.74mg (4.19%), Vitamin B6: 0.08mg (4.18%), Vitamin B12: 0.24µg (3.96%), Vitamin B1: 0.06mg (3.9%), Vitamin C: 2.91mg (3.52%), Manganese: 0.07mg (3.49%), Zinc: 0.48mg (3.23%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.46µg (3.05%), Folate: 12.02µg (3%), Copper: 0.06mg (2.78%), Vitamin A: 132.04IU (2.64%), Calcium: 25.05mg (2.51%), Fiber: 0.52g (2.07%), Magnesium: 7.84mg (1.96%), Vitamin K: 1.11µg (1.06%)