



Breakfast in Bread

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

614 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 strips bacon
- ☐ 4 large eggs
- ☐ 4 servings chives fresh chopped for topping
- ☐ 1.5 cups havarti cheese shredded
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons parmesan cheese shredded
- ☐ 1 sheet puff pastry frozen thawed half of a 17-to-18-ounce package

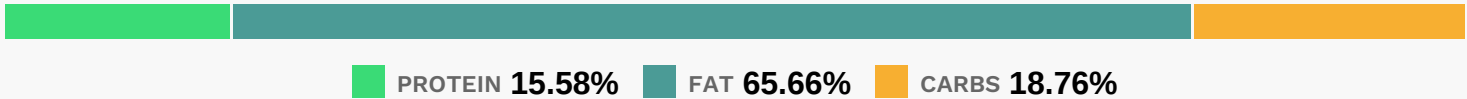
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F. Line 2 baking sheets with parchment paper. On a lightly floured surface, roll out the puff pastry into a 12-inch square, then cut into 4 equal squares. Slightly fold and pinch the edges of each square to form 4 round tart shells.
- ☐ Transfer to the prepared baking sheets and prick all over with a fork.
- ☐ Bake until golden, 8 to 10 minutes.
- ☐ Meanwhile, cook the bacon in a medium skillet over medium heat, turning, until crisp, 8 to 10 minutes.
- ☐ Transfer to paper towels to drain, then crumble.
- ☐ Let the tart shells cool slightly on the baking sheets. If the centers are very puffy, prick with a fork to deflate.
- ☐ Sprinkle evenly with the havarti and parmesan. Make a shallow well in the cheese in the center of each tart and crack an egg into each; season with salt and pepper. Top with the bacon, then return to the oven and bake until the egg whites are set, 10 to 15 minutes. Top with chives.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:15, Inflammation Score:-5, Nutrition Score:16.300869555577%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 614.48kcal (30.72%), Fat: 44.79g (68.91%), Saturated Fat: 16.88g (105.51%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 27.85g (10.13%), Sugar: 0.69g (0.76%), Cholesterol: 233.1mg (77.7%), Sodium: 870.16mg (37.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.83%), Selenium: 36.84µg (52.63%), Phosphorus: 402.78mg (40.28%), Calcium: 337.33mg (33.73%), Vitamin B2: 0.56mg (33.19%), Folate: 98.01µg (24.5%), Vitamin B1: 0.32mg (21.17%), Zinc: 2.9mg (19.36%), Vitamin B12: 1.13µg (18.83%), Manganese: 0.34mg (17.2%), Vitamin B3: 3.09mg (15.46%), Iron: 2.6mg (14.47%), Vitamin A: 683.53IU (13.67%), Vitamin K: 12.2µg (11.62%), Vitamin B5: 0.99mg (9.92%), Vitamin B6: 0.17mg (8.5%), Vitamin E: 1.2mg (8.02%), Vitamin D: 1.17µg (7.83%), Magnesium: 30.59mg (7.65%), Copper: 0.15mg (7.49%), Potassium: 163.03mg (4.66%), Fiber: 0.94g (3.78%)