



Bunny-in-the-Hole

READY IN



25 min.

SERVINGS



25

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tsp butter melted
- 4 eggs
- 4 big mild cheddar cheese kraft
- 8 suggested decorations: peas fresh red frozen
- 8 slices bread white divided

Equipment

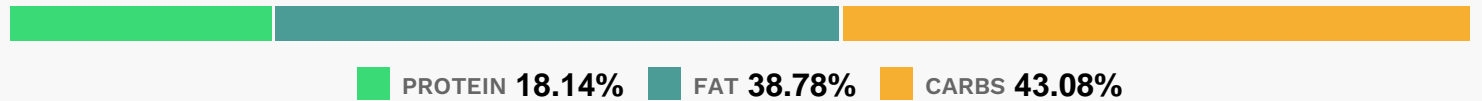
- baking sheet
- oven

cookie cutter

Directions

- Heat oven to 400F.
- Use 3-1/2-inch egg-shaped cookie cutter to cut hole in center of each of 4 bread slices.
- Cut removed cutouts lengthwise in half for the bunnies' ears.
- Brush remaining bread slices with butter; place, buttered sides down, on baking sheet. Cover with cheese and cut-out bread slices. Carefully slip 1 broken egg into hole in each bread slice. Decorate with peas for the eyes, peppers for the noses and chives for the whiskers.
- Bake 15 min. or until cheese is melted and egg whites are set and yolks are cooked to desired doneness, adding bread cut-out ears to the baking sheet for the last 5 min.
- Add ears to bunnies before serving.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:1.6273912975322%

Nutrients (% of daily need)

Calories: 37.99kcal (1.9%), Fat: 1.62g (2.49%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.47g (0.52%), Cholesterol: 26.35mg (8.78%), Sodium: 56.31mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Selenium: 4.07µg (5.81%), Folate: 12.44µg (3.11%), Vitamin B2: 0.05mg (3.1%), Vitamin B1: 0.04mg (2.96%), Manganese: 0.05mg (2.53%), Phosphorus: 24.23mg (2.42%), Calcium: 22.26mg (2.23%), Iron: 0.4mg (2.21%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.15mg (1.52%), Vitamin A: 69.05IU (1.38%), Zinc: 0.17mg (1.14%), Vitamin B12: 0.07µg (1.09%)