



## Cheesy Egg-in-a-Bowl

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 slices oscar mayer bacon divided cooked
- 6 dinner rolls (3-)
- 6 eggs
- 1 Tbsp chives fresh chopped
- 6 oz velveeta cut into 6 slices
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## Equipment

- bowl

baking sheet

oven

## Directions

Heat oven to 375F.

Cut tops off rolls; set aside. Make 1-inch-deep indentation in center of bottom half of each roll.

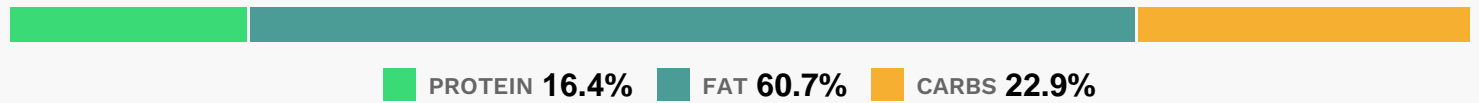
Crumble 6 bacon slices; sprinkle into bread bowls. Top with VELVEETA. Slip 1 cracked egg into each bowl; place on baking sheet.

Bake 20 to 25 min. or until egg whites are completely set and yolks begin to thicken but are not set, adding tops of rolls, cut-sides up, to baking sheet for the last 5 min.

Sprinkle eggs with chives. Replace tops of rolls.

Serve with remaining bacon slices.

## Nutrition Facts



## Properties

Glycemic Index:1.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8143478329091%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 54.59kcal (2.73%), Fat: 3.65g (5.62%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.13g (0.15%), Cholesterol: 28.91mg (9.64%), Sodium: 86.86mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Selenium: 5.48µg (7.83%), Manganese: 0.07mg (3.44%), Vitamin B1: 0.05mg (3.26%), Vitamin B2: 0.05mg (3.13%), Phosphorus: 29.32mg (2.93%), Vitamin B3: 0.53mg (2.67%), Iron: 0.37mg (2.07%), Folate: 7.05µg (1.76%), Vitamin B6: 0.03mg (1.69%), Vitamin B5: 0.16mg (1.62%), Calcium: 15.45mg (1.54%), Vitamin B12: 0.09µg (1.53%), Zinc: 0.22mg (1.48%), Vitamin D: 0.16µg (1.06%)