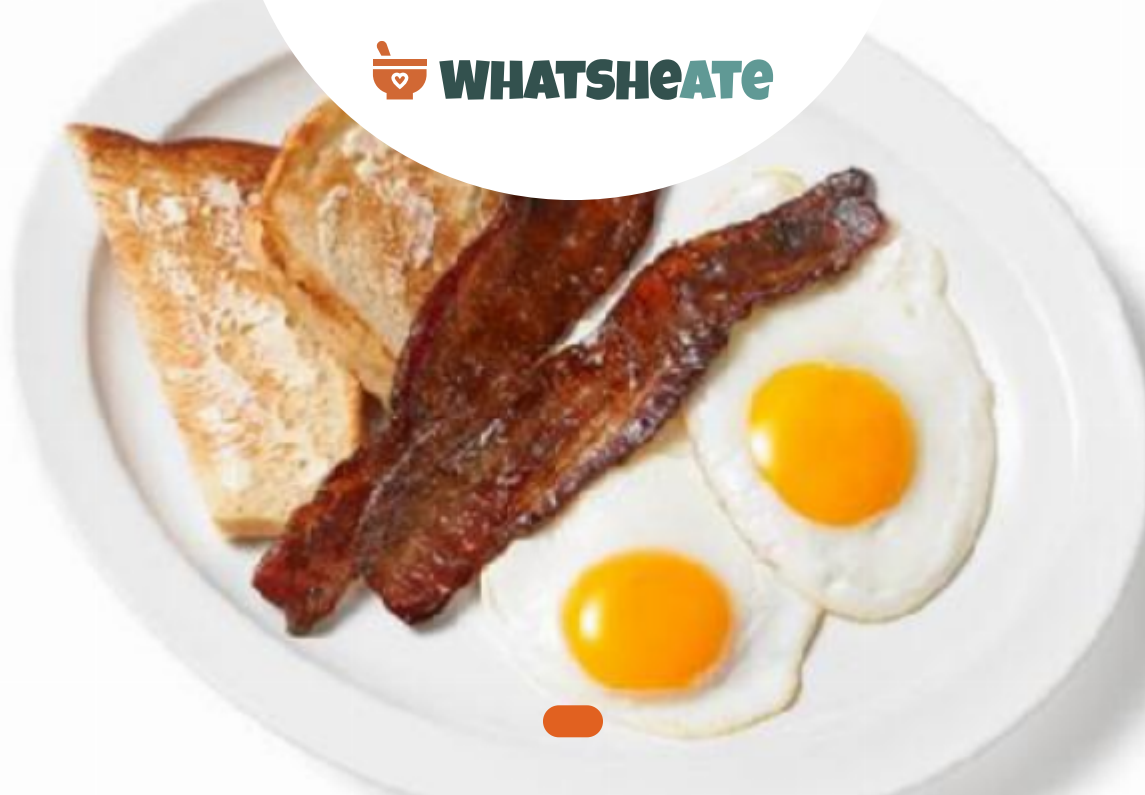




Coffee-Glazed Bacon With Eggs

READY IN



50 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large eggs
- ☐ 3 tablespoons hot-brewed coffee instant
- ☐ 4 servings kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 4 servings pepper freshly ground
- ☐ 8 slices bacon thick-cut
- ☐ 4 servings buttered toast for serving
- ☐ 4 teaspoons butter unsalted

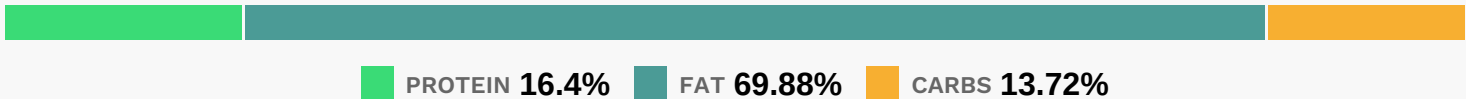
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 325 degrees F. Set a wire rack on a rimmed baking sheet.
- ☐ Combine the maple syrup, instant coffee, and pepper to taste in a small saucepan over medium heat and cook, stirring, until the coffee dissolves.
- ☐ Remove from the heat. Stir in the bacon until coated.
- ☐ Arrange the bacon on the rack; drizzle with some of the remaining coffee syrup.
- ☐ Bake 20 minutes, then flip and drizzle with the remaining syrup; continue baking until the bacon is dark brown and glazed, about 15 more minutes.
- ☐ Meanwhile, heat 2 teaspoons butter in a large skillet over medium-high heat. Crack 4 eggs into the skillet, season with salt and pepper, and cook until opaque around the edges, about 2 minutes. Cover and cook 4 to 6 more minutes. Repeat with the remaining butter and eggs.
- ☐ Serve the fried eggs with the bacon and toast.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:4.96, Inflammation Score:-3, Nutrition Score:16.786521935593%

Nutrients (% of daily need)

Calories: 549.85kcal (27.49%), Fat: 42.2g (64.93%), Saturated Fat: 15.29g (95.54%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.59g (6.76%), Sugar: 12.48g (13.87%), Cholesterol: 430.28mg (143.43%), Sodium: 822.12mg

(35.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 117.75mg (39.25%), Protein: 22.29g (44.57%), Selenium: 46.01µg (65.73%), Vitamin B2: 0.78mg (45.82%), Phosphorus: 315.43mg (31.54%), Manganese: 0.58mg (29.03%), Vitamin B12: 1.26µg (20.98%), Vitamin B3: 4.09mg (20.44%), Vitamin B5: 1.95mg (19.46%), Vitamin B6: 0.36mg (18.18%), Vitamin B1: 0.26mg (17.12%), Vitamin D: 2.36µg (15.75%), Zinc: 2.31mg (15.38%), Vitamin A: 692.14IU (13.84%), Potassium: 462.47mg (13.21%), Iron: 2.28mg (12.66%), Folate: 48.21µg (12.05%), Vitamin E: 1.48mg (9.86%), Magnesium: 37.66mg (9.42%), Calcium: 89.78mg (8.98%), Copper: 0.11mg (5.56%)