



Creamy Scrambled Eggs with Brown-Sugared Bacon

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices oscar mayer bacon
- 0.3 cup brown sugar packed
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 8 eggs
- 0.1 tsp ground pepper red (cayenne)

Equipment

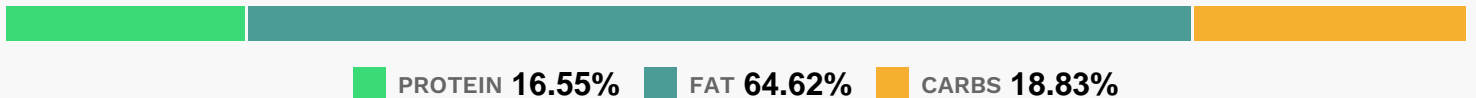
- frying pan

- oven
- whisk
- wire rack
- aluminum foil

Directions

- Heat oven to 400F.
- Place wire cooling rack in foil-lined shallow pan; spray with cooking spray.
- Mix first 2 ingredients in shallow dish.
- Add bacon, 1 slice at a time, turning to evenly coat both sides of each slice.
- Place on wire rack.
- Bake 20 min. or until crisp and golden brown.
- Meanwhile, beat cream cheese spread and eggs with whisk until blended. After bacon has baked 15 min., add egg mixture to medium skillet sprayed with cooking spray; cook on medium heat 4 to 5 min. or until set, stirring occasionally.
- Serve eggs with bacon.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.46652169396%

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 31.99g (49.22%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.96g (7.62%), Sugar: 18.99g (21.1%), Cholesterol: 373.99mg (124.66%), Sodium: 553.05mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Selenium: 36.08µg (51.55%), Vitamin B2: 0.44mg (25.78%), Phosphorus: 238.5mg (23.85%), Vitamin B12: 1µg (16.72%), Vitamin B5: 1.62mg (16.17%), Vitamin A: 784.45IU (15.69%), Vitamin B6: 0.28mg (13.78%), Vitamin D: 1.94µg (12.91%), Zinc: 1.66mg (11.08%), Vitamin B1: 0.16mg (10.45%), Folate: 41.6µg (10.4%), Iron: 1.86mg (10.31%), Calcium: 100.83mg (10.08%), Vitamin B3: 1.86mg (9.3%), Vitamin E: 1.13mg (7.53%), Potassium: 234.08mg (6.69%), Copper: 0.09mg (4.53%), Magnesium: 17.58mg (4.39%), Manganese: 0.04mg (2.12%)