



Easy Egg and Toast Cups

 Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



221 kcal

Ingredients

- 1 Tbsp butter
- 8 medium eggs
- 0.5 cup mild cheddar cheese shredded kraft
- 3 Tbsp milk
- 1 pinch salt and pepper to taste
- 8 pieces wheat bread

Equipment

- frying pan
- oven

- whisk
- muffin tray

Directions

- PREHEAT oven to 350F.
- Remove crust from bread slices and lightly butter both sides. Press bread into muffin tin holes, one slice at a time. Pinch the corners of the bread gently to help form the shape.
- BAKE for about 8-10 minutes or until bread is toasted.
- Remove from oven.
- WHISK 8 medium eggs with a splash of milk and scramble them in a skillet until desired consistency.
- SPOON the egg mixture evenly divided into the toast cups and top with KRAFT Shredded Mild Cheddar Cheese. Return to oven and broil for 1-3 minutes just to warm the cups and melt the cheese.
- Add salt and pepper to taste.

Nutrition Facts

PROTEIN 27.58% **FAT 68.07%** **CARBS 4.35%**

Properties

Glycemic Index:46.17, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:10.642173967932%

Nutrients (% of daily need)

Calories: 220.75kcal (11.04%), Fat: 16.48g (25.36%), Saturated Fat: 7.51g (46.97%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1g (1.12%), Cholesterol: 350.47mg (116.82%), Sodium: 263.13mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.05%), Selenium: 31.78µg (45.4%), Vitamin B2: 0.48mg (28.5%), Phosphorus: 255.39mg (25.54%), Calcium: 167.1mg (16.71%), Vitamin B12: 1µg (16.66%), Vitamin B5: 1.47mg (14.67%), Vitamin A: 723.73IU (14.47%), Vitamin D: 1.97µg (13.12%), Zinc: 1.74mg (11.59%), Folate: 45.27µg (11.32%), Iron: 1.61mg (8.97%), Vitamin B6: 0.17mg (8.53%), Vitamin E: 1.13mg (7.52%), Potassium: 155.05mg (4.43%), Magnesium: 17.33mg (4.33%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.57%), Manganese: 0.07mg (3.46%)