



Egg in a Hole

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



194 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons add carrot and onion to bacon fat . cook
- 1 slice bread
- 1 eggs
- 1 serving pepper black to taste

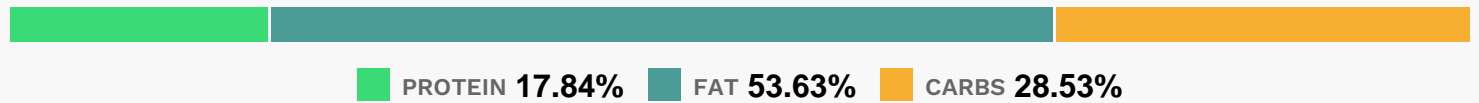
Equipment

- frying pan

Directions

- Melt the bacon grease in a non-stick pan over low heat.
- Cut a 1 1/2 to 2-inch hole from the center of the bread slice; lay in the hot skillet. When the side facing down is lightly toasted, about 2 minutes, flip and crack the egg into the hole; season with salt and pepper. Continue to cook until the egg is cooked and mostly firm. Flip again and cook 1 minute more to assure doneness on both sides.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.67, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:7.8300000769289%

Nutrients (% of daily need)

Calories: 193.71kcal (9.69%), Fat: 11.43g (17.58%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.54g (4.56%), Sugar: 1.77g (1.96%), Cholesterol: 169.38mg (56.46%), Sodium: 203.94mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Selenium: 21.58µg (30.82%), Manganese: 0.36mg (17.94%), Vitamin B2: 0.27mg (15.99%), Phosphorus: 123.4mg (12.34%), Folate: 44.5µg (11.12%), Iron: 1.79mg (9.93%), Vitamin B5: 0.91mg (9.06%), Vitamin B1: 0.13mg (8.85%), Vitamin B3: 1.6mg (8%), Vitamin D: 1.03µg (6.87%), Vitamin B12: 0.39µg (6.53%), Calcium: 60.08mg (6.01%), Zinc: 0.87mg (5.78%), Vitamin B6: 0.11mg (5.31%), Vitamin A: 238.71IU (4.77%), Fiber: 1.15g (4.58%), Magnesium: 16.93mg (4.23%), Copper: 0.07mg (3.72%), Vitamin E: 0.55mg (3.68%), Potassium: 101.53mg (2.9%), Vitamin K: 1.67µg (1.59%)