



Eggs in Bacon Baskets

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 8 eggs

Equipment

- frying pan
- paper towels
- oven
- microwave
- muffin tray

Directions

- Adjust oven rack to middle position and preheat to 425°F.
- Place 3 pieces paper towel on a microwavable plate then lay bacon on paper towel, microwave on high power until bacon has just begun to cook and some of the fat has rendered out, 1 to 1 1/2 minutes.
- Coil each piece of bacon around each cup in a muffin tin, making sure the bottom of the cup is covered as well.
- Place any of the additional fillings in the bottom of the cup (see recipes below) then crack an egg into each cup on top of the fillings.
- Bake until the whites of the eggs are set but the yolk is still runny, about 10 minutes.
- Serve immediately.
- Garlicky Spinach Filling: 1 tablespoon butter 2 cloves garlic, finely chopped 4 cups baby spinach
- Kosher salt and freshly ground black pepper
- Melt the butter in a medium skillet over medium heat. When butter has melted add the garlic and cook until fragrant, about 30 seconds.
- Add spinach and cook until it has wilted and all the water has evaporated, about 2 minutes. Season to taste with salt and pepper.
- Onion and Pepper Filling: 1 teaspoon olive oil 1 onion, finely chopped 1 red pepper, finely chopped 1 green pepper, finely chopped
- Kosher salt and freshly ground black pepper
- Heat olive oil in a medium skillet over medium heat until shimmering.
- Add onion and cook until it just begins to soften, about 4 minutes.
- Add peppers and cook until peppers are just cooked through, about 5 minutes. Season to taste with salt and pepper.
- Creamed Leek Filling: 1 tablespoon butter 1 leek, finely sliced 1/3 cup cream
- Kosher salt and freshly ground black pepper
- Melt the butter in a skillet over medium high heat.
- Add the leek and cook until soft, about 8 minutes.
- Add cream and reduce heat to low. Cook until cream has just begun to thicken, about 10 minutes. Season to taste with salt and pepper.

- Lemony Charred Brussels Sprouts Filling: 1/4 cup olive oil, 12 Brussels sprouts, leaves separated, 1/4 teaspoon lemon zest
- Kosher salt and freshly ground black pepper
- Heat the olive oil in a skillet over high heat until it just begins to smoke.
- Add the brussel sprout leaves and cook, stirring constantly until the leaves are just beginning to char, about 1 minute.
- Remove from pan and toss with lemon zest. Season to taste with salt and pepper.

Nutrition Facts

■ PROTEIN **21.91%**
■ FAT **76.52%**
■ CARBS **1.57%**

Properties

Glycemic Index: 0, Glycemic Load: 0, Inflammation Score: -2, Nutrition Score: 10.796086943668%

Nutrients (% of daily need)

Calories: 309.32kcal (15.47%), Fat: 25.83g (39.74%), Saturated Fat: 8.6g (53.78%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.33g (0.36%), Cholesterol: 356.4mg (118.8%), Sodium: 416.24mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Selenium: 35.86µg (51.23%), Vitamin B2: 0.44mg (25.75%), Phosphorus: 237.6mg (23.76%), Vitamin B12: 1µg (16.72%), Vitamin B5: 1.59mg (15.93%), Vitamin B6: 0.27mg (13.33%), Vitamin D: 1.94µg (12.91%), Zinc: 1.65mg (11.03%), Vitamin B1: 0.16mg (10.44%), Folate: 41.36µg (10.34%), Vitamin A: 491.48IU (9.83%), Iron: 1.72mg (9.56%), Vitamin B3: 1.84mg (9.18%), Vitamin E: 1.11mg (7.42%), Potassium: 208.56mg (5.96%), Calcium: 51.48mg (5.15%), Copper: 0.08mg (4.09%), Magnesium: 15.84mg (3.96%), Manganese: 0.03mg (1.47%)