



Eggs in Bread Rolls



Vegetarian



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



92 kcal

Ingredients

- ☐ 4 servings bacon bits for seasoning to taste
- ☐ 4 bread rolls
- ☐ 4 medium size eggs (preferably medium size or else you will have to leave out some of the egg white on larger eggs)

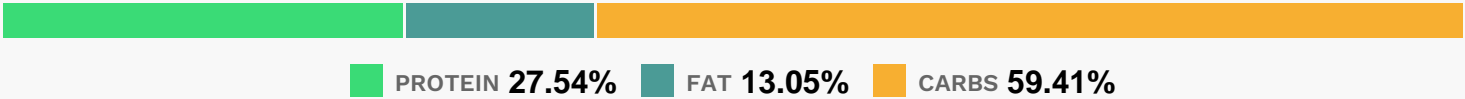
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ Cut a hole into the center of each bread roll, removing parts of the insides of the bread. Make sure to leave enough room on the sides and at the bottom so the egg doesn't leak through.
- ☐ Place on a baking sheet lined with parchment paper.
- ☐ Crack an egg into the center of each bread. Leave out some of the egg white if it looks like the egg will overflow.
- ☐ Sprinkle some salt and pepper on top or add some bacon bits.
- ☐ Place in oven and cook for approximately 15–20 minutes until eggs reach desired doneness.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:7.15, Inflammation Score:-1, Nutrition Score:4.6169564614639%

Nutrients (% of daily need)

Calories: 92.32kcal (4.62%), Fat: 1.32g (2.03%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.4g (4.51%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 376.03mg (16.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Selenium: 14.06µg (20.09%), Manganese: 0.34mg (16.88%), Vitamin B2: 0.2mg (11.9%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.12mg (7.75%), Folate: 25µg (6.25%), Iron: 1.03mg (5.74%), Fiber: 1.12g (4.48%), Phosphorus: 40.62mg (4.06%), Calcium: 37.22mg (3.72%), Magnesium: 14.78mg (3.7%), Vitamin B5: 0.29mg (2.87%), Potassium: 88.42mg (2.53%), Copper: 0.05mg (2.42%), Zinc: 0.3mg (2%), Vitamin B6: 0.03mg (1.63%), Vitamin K: 1.37µg (1.31%)