



Eggs in Jail

READY IN



30 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon thick-cut (10 oz. total)
- ☐ 12 oz day-old brioche
- ☐ 4 tbsp butter softened
- ☐ 4 large eggs
- ☐ 0.1 tsp kosher salt
- ☐ 0.1 tsp pepper

Equipment

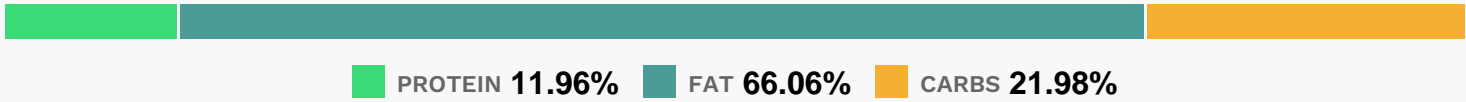
- ☐ frying pan

- ☐ paper towels
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ IN CAMP
- ☐ Brown bacon in a 12-in. cast-iron skillet over medium-high heat, 8 to 10 minutes, turning as needed.
- ☐ Transfer to paper towels and drape with foil to keep warm. Discard fat from pan and wipe pan somewhat clean with a paper towel.
- ☐ Meanwhile, cut 4 brioche slices, each about 1 1/4 in. thick (you'll have bread left over).
- ☐ Spread both sides with about 3 tbsp. butter total.
- ☐ Cut a hole in each slice; set centers aside.
- ☐ Put bread in pan, pressing down slightly to flatten, and set over medium-low heat. Put about 1/2 tsp. butter in each hole, then crack an egg into each.
- ☐ Sprinkle eggs with a little salt and pepper. Cook until bottom of bread is golden, 3 minutes.
- ☐ Flip toast and eggs carefully with a wide spatula.
- ☐ Sprinkle eggs with salt and pepper. Cook until underside of toast is golden and egg is done the way you like, about 3 minutes more for softly set.
- ☐ Transfer eggs and toast to plates. Quickly toast bread centers, then set 1 on each serving.
- ☐ Serve with bacon.
- ☐ *Find at Trader Joe's and other well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:8.9317391513158%

Nutrients (% of daily need)

Calories: 721.81kcal (36.09%), Fat: 53.21g (81.87%), Saturated Fat: 25.69g (160.54%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 39.82g (14.48%), Sugar: 0.19g (0.22%), Cholesterol: 391mg (130.33%), Sodium: 914.94mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.35%), Selenium: 24.34µg (34.77%), Vitamin A: 1370.35IU (27.41%), Phosphorus: 165.87mg (16.59%), Vitamin B2: 0.27mg (15.83%), Vitamin B12: 0.69µg (11.49%), Iron: 1.92mg (10.64%), Vitamin B5: 1.03mg (10.27%), Vitamin B6: 0.2mg (10.13%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.81mg (9.07%), Calcium: 82.49mg (8.25%), Zinc: 1.18mg (7.85%), Vitamin D: 1.18µg (7.84%), Vitamin E: 1.04mg (6.96%), Folate: 23.94µg (5.98%), Potassium: 160.37mg (4.58%), Magnesium: 11.67mg (2.92%), Copper: 0.06mg (2.77%), Manganese: 0.03mg (1.35%), Vitamin K: 1.25µg (1.19%)