



Individual Baked Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 slice bacon
- 1 teaspoon butter melted
- 0.3 slice cheddar cheese
- 1 eggs

Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown, but still flexible. Wrap bacon slice around the inside of a muffin cup.
- Place a teaspoon of butter (or bacon grease) in the bottom of muffin cup. Drop in egg.
- Bake in preheated oven for 10 to 15 minutes.
- Place 1/4 slice of cheese over egg, and continue cooking until cheese is melted and egg is cooked.

Nutrition Facts

PROTEIN 18.16% **FAT 80.47%** **CARBS 1.37%**

Properties

Glycemic Index:77, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:6.1126086634138%

Nutrients (% of daily need)

Calories: 207.85kcal (10.39%), Fat: 18.42g (28.33%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.18g (0.2%), Cholesterol: 193.2mg (64.4%), Sodium: 268.07mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Selenium: 19.18µg (27.4%), Vitamin B2: 0.24mg (14.08%), Phosphorus: 139.46mg (13.95%), Vitamin B12: 0.56µg (9.25%), Vitamin A: 413.27IU (8.27%), Vitamin B5: 0.82mg (8.2%), Vitamin B6: 0.14mg (6.82%), Vitamin D: 0.99µg (6.62%), Zinc: 0.99mg (6.58%), Calcium: 56.99mg (5.7%), Folate: 21.72µg (5.43%), Vitamin B1: 0.08mg (5.32%), Iron: 0.87mg (4.82%), Vitamin E: 0.7mg (4.7%), Vitamin B3: 0.92mg (4.61%), Potassium: 108.75mg (3.11%), Magnesium: 9.17mg (2.29%), Copper: 0.04mg (2.12%)