



Individual Egg Bakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- 8 bacon
- 8 eggs
- 8 servings parsley fresh chopped
- 1 cup catsup
- 8 servings salt and pepper to taste

Equipment

- baking sheet
- oven

- knife
- microwave

Directions

- Partially cook bacon in microwave or oven until about halfway done (do not overcook); drain. Spray eight 10-oz. custard cups with cooking spray. Line each cup with one bacon strip. Spoon 2 tablespoons ketchup or salsa on top of bacon. Break one egg into each cup; season with salt and pepper.
- Place cups on a baking sheet.
- Bake, uncovered, at 375° for 18–20 minutes or until eggs reach desired doneness.
- Let stand 2 minutes. Run a knife around edge of cups; slip eggs out of cups onto a serving platter.
- Spoon sauce from the custard cups over eggs.
- Garnish with parsley if desired.

Nutrition Facts

PROTEIN 18.61% **FAT 62.1%** **CARBS 19.29%**

Properties

Glycemic Index:4, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:10.138695659845%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 186.4kcal (9.32%), Fat: 12.98g (19.97%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.85g (3.22%), Sugar: 6.59g (7.32%), Cholesterol: 178.2mg (59.4%), Sodium: 676.25mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin K: 66.63µg (63.46%), Selenium: 18.14µg (25.92%), Vitamin B2: 0.27mg (16.04%), Vitamin A: 736.6IU (14.73%), Phosphorus: 128.92mg (12.89%), Vitamin B6: 0.18mg (9.22%), Vitamin B12: 0.5µg (8.36%), Vitamin B5: 0.83mg (8.27%), Vitamin C: 6.55mg (7.94%), Folate: 29.46µg (7.36%), Vitamin B3: 1.4mg (7%), Vitamin E: 1.02mg (6.83%), Iron: 1.21mg (6.75%), Vitamin D: 0.97µg (6.45%), Zinc: 0.92mg (6.14%), Potassium: 210.78mg (6.02%), Vitamin B1: 0.09mg (5.67%), Copper: 0.07mg

(3.63%), Calcium: 35.88mg (3.59%), Magnesium: 13.82mg (3.46%), Manganese: 0.05mg (2.57%)