



Mini Bacon and Egg Tarts

READY IN



39 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon smoked crumbled cooked
- ☐ 4 large eggs lightly beaten
- ☐ 0.5 cup low fat milk 2% reduced-fat
- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 1 ounce white sandwich bread whole-wheat white

Equipment

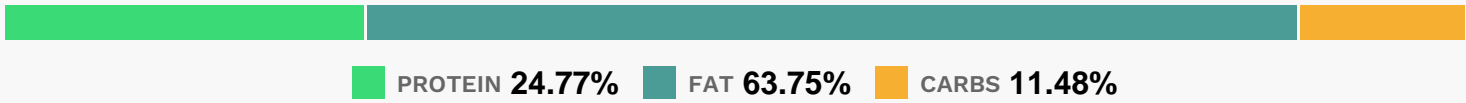
- ☐ oven
- ☐ whisk

☐ muffin tray

Directions

- ☐ Preheat oven to 425
- ☐ Lightly coat both sides of bread with cooking spray. Press each bread slice into the cup of a muffin tin.
- ☐ Bake at 425 for 10 minutes or until bread is lightly toasted. Cool slightly.
- ☐ Reduce oven temperature to 350
- ☐ Combine milk and eggs, stirring well with a whisk. Divide the egg mixture evenly among bread cups.
- ☐ Sprinkle onions, if desired, and bacon evenly over tarts; top each tart with 1 tablespoon cheese.
- ☐ Bake at 350 for 15 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:2.58, Inflammation Score:0, Nutrition Score:8.80565210529%

Nutrients (% of daily need)

Calories: 207.02kcal (10.35%), Fat: 14.48g (22.27%), Saturated Fat: 5.97g (37.34%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.7g (2.07%), Sugar: 2.07g (2.3%), Cholesterol: 208.91mg (69.64%), Sodium: 281.83mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.31%), Selenium: 23.84µg (34.05%), Phosphorus: 218.15mg (21.82%), Vitamin B2: 0.36mg (21.07%), Calcium: 180.89mg (18.09%), Vitamin B12: 0.83µg (13.84%), Vitamin B5: 1.03mg (10.31%), Zinc: 1.48mg (9.89%), Vitamin D: 1.45µg (9.69%), Vitamin A: 473.99IU (9.48%), Folate: 34.93µg (8.73%), Vitamin B6: 0.15mg (7.41%), Vitamin B1: 0.11mg (7.15%), Iron: 1.18mg (6.56%), Vitamin E: 0.7mg (4.67%), Potassium: 156.89mg (4.48%), Vitamin B3: 0.86mg (4.29%), Magnesium: 16.6mg (4.15%), Manganese: 0.06mg (2.97%), Copper: 0.05mg (2.72%)