



HEALTH SCORE

90%

Scrambled Egg Muffin Sliders



Very Healthy

READY IN



52 min.

SERVINGS



1

CALORIES



3614 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 1 tablespoon butter
- ☐ 4 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 2 cups self-rising corn meal mix white
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 large eggs
- ☐ 8 large eggs

- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

Equipment

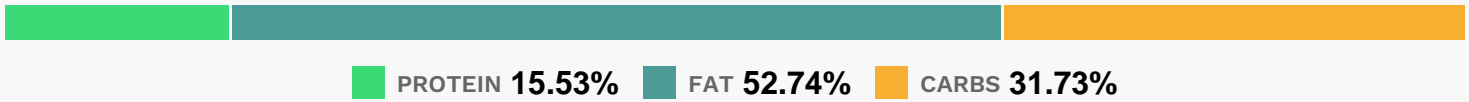
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 425
- ☐ Cook bacon in a large skillet over medium-high heat 12 to 14 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.
- ☐ Heat a 12-cup muffin pan in oven 5 minutes.
- ☐ Combine cornmeal mix and sugar in a medium bowl; make a well in center of mixture.
- ☐ Stir together buttermilk and egg; add to cornmeal mixture, stirring just until dry ingredients are moistened. Stir in melted butter, cheese, and bacon.
- ☐ Remove pan from oven, and coat with cooking spray. Spoon batter into hot muffin pan, filling almost completely full.
- ☐ Bake at 425 for 15 to 20 minutes or until golden.
- ☐ Remove from pan to a wire rack, and let cool 10 minutes.
- ☐ Whisk together eggs, water, and Creole seasoning in a medium bowl. Melt 1 Tbsp. butter in a large nonstick skillet.
- ☐ Add egg mixture, and cook, without stirring, 2 to 3 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 4 to 5 minutes or until eggs are thickened and moist. (Do not overstir.)

Cut muffins in half, and spoon eggs over bottom halves. Cover with top halves of muffins.

Nutrition Facts



Properties

Glycemic Index:260.09, Glycemic Load:14.69, Inflammation Score:-10, Nutrition Score:80.116086698097%

Nutrients (% of daily need)

Calories: 3614.28kcal (180.71%), Fat: 212.33g (326.66%), Saturated Fat: 97.62g (610.13%), Carbohydrates: 287.49g (95.83%), Net Carbohydrates: 265.79g (96.65%), Sugar: 31.73g (35.25%), Cholesterol: 2064.62mg (688.21%), Sodium: 7568.33mg (329.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 140.65g (281.29%), Phosphorus: 4139.57mg (413.96%), Selenium: 210.95µg (301.36%), Folate: 1154.07µg (288.52%), Vitamin B2: 4.79mg (281.78%), Calcium: 2509.77mg (250.98%), Vitamin B1: 3.18mg (211.83%), Vitamin A: 7350.29IU (147.01%), Iron: 25.63mg (142.41%), Vitamin B6: 2.66mg (132.98%), Vitamin B12: 7.64µg (127.37%), Vitamin B3: 23.83mg (119.16%), Zinc: 17.71mg (118.06%), Vitamin B5: 10.85mg (108.47%), Vitamin D: 14.89µg (99.26%), Manganese: 1.94mg (97.06%), Fiber: 21.69g (86.77%), Magnesium: 323.13mg (80.78%), Potassium: 2196.66mg (62.76%), Vitamin E: 8.32mg (55.45%), Copper: 0.99mg (49.32%), Vitamin K: 10.85µg (10.34%)