



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 cornmeal 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

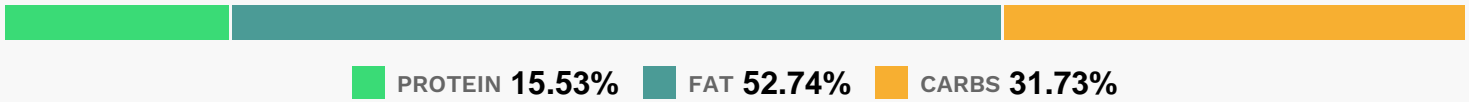
Directions

- ☐ 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.)

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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%)