



## STOVE TOP Stuffin' Egg Muffin

READY IN



30 min.

SERVINGS



6

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 7 eggs
- 3 Tbsp oscar mayer real bacon bits
- 0.5 cup cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for chicken

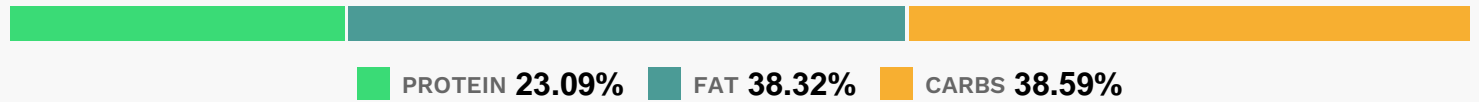
### Equipment

- oven
- muffin liners
- measuring cup

## Directions

- Heat oven to 400F.
- Prepare stuffing as directed on package; cool slightly. Spray 12 muffin cups with cooking spray. Press 1/4 cup stuffing onto bottom and up side of each cup, forming 1/4-inch rim around top of each.
- Beat eggs in measuring cup; pour into stuffing cups. Top with bacon and cheese.
- Bake 20 min. or until centers are set.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:10.079130304896%

## Nutrients (% of daily need)

Calories: 233.75kcal (11.69%), Fat: 9.8g (15.07%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 21.29g (7.74%), Sugar: 2.57g (2.85%), Cholesterol: 205.66mg (68.55%), Sodium: 637.79mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Selenium: 32.03µg (45.76%), Vitamin B2: 0.39mg (22.98%), Phosphorus: 184.74mg (18.47%), Folate: 73.73µg (18.43%), Vitamin B1: 0.19mg (12.82%), Calcium: 122.82mg (12.28%), Iron: 1.99mg (11.08%), Vitamin B5: 0.94mg (9.39%), Vitamin B12: 0.56µg (9.37%), Manganese: 0.18mg (9.19%), Zinc: 1.27mg (8.48%), Vitamin B3: 1.68mg (8.39%), Vitamin A: 372.12IU (7.44%), Vitamin D: 1.08µg (7.22%), Vitamin B6: 0.14mg (6.84%), Copper: 0.11mg (5.38%), Magnesium: 20.04mg (5.01%), Vitamin E: 0.72mg (4.78%), Potassium: 147.83mg (4.22%), Fiber: 0.91g (3.63%)