



## Stuffin' Egg Muffin

READY IN



30 min.

SERVINGS



6

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.5 cup colby & monterey jack cheeses shredded kraft
- 1 doz. eggs
- 3 Tbsp oscar mayer real bacon bits
- 6 oz stove top stuffing mix for chicken

### Equipment

- baking sheet
- oven
- muffin liners

muffin tray

## Directions

Heat oven to 400F.

Prepare stuffing as directed on package, omitting the stand time. Press 1/4 cup stuffing onto bottom and up side of each of 12 muffin cups sprayed with cooking spray, forming 1/4-inch rim around top of cup.

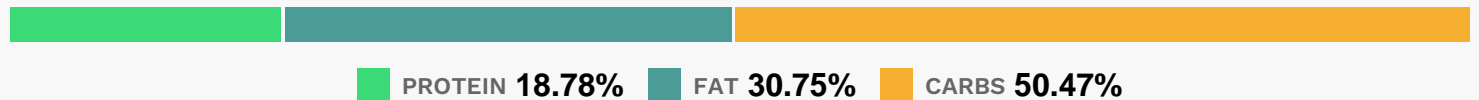
Place muffin pan on baking sheet.

Add 1 egg to each cup; top with bacon and cheese.

Bake 20 min. or until whites are firm and yolks are cooked to desired doneness.

Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.0665217378865%

## Nutrients (% of daily need)

Calories: 175.75kcal (8.79%), Fat: 5.94g (9.14%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 21.03g (7.65%), Sugar: 2.43g (2.7%), Cholesterol: 43.01mg (14.34%), Sodium: 580.16mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Selenium: 17.45µg (24.93%), Folate: 53.05µg (13.26%), Vitamin B1: 0.17mg (11.57%), Vitamin B2: 0.19mg (11.14%), Calcium: 106.96mg (10.7%), Phosphorus: 104.76mg (10.48%), Manganese: 0.17mg (8.59%), Vitamin B3: 1.65mg (8.25%), Iron: 1.29mg (7.18%), Zinc: 0.7mg (4.64%), Copper: 0.08mg (3.87%), Magnesium: 15.08mg (3.77%), Fiber: 0.91g (3.63%), Vitamin B6: 0.06mg (3.21%), Vitamin A: 149.51IU (2.99%), Vitamin B12: 0.16µg (2.7%), Potassium: 93.83mg (2.68%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.22mg (1.44%), Vitamin D: 0.21µg (1.42%)