



Sunday Brunch Eggs

READY IN



35 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices canadian bacon
- 12 slices swiss cheese
- 12 eggs
- 1 cup cup heavy whipping cream
- 0.3 cup parmesan cheese grated
- 12 slices buttered toast

Equipment

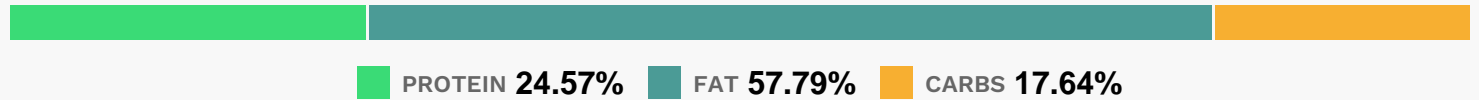
- oven

baking pan

Directions

- Place Canadian bacon in a greased 13-in. x 9-in. baking dish; top with Swiss cheese. Carefully break an egg over each piece of cheese.
- Pour cream over eggs and sprinkle with Parmesan cheese.
- Bake, uncovered, at 375° for 20–25 minutes or until eggs reach desired doneness.
- Let stand for 5 minutes.
- Cut between each egg; serve on toast if desired.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:26.012174037488%

Nutrients (% of daily need)

Calories: 636.13kcal (31.81%), Fat: 40.52g (62.33%), Saturated Fat: 20.45g (127.79%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 26.73g (9.72%), Sugar: 3.57g (3.97%), Cholesterol: 437.58mg (145.86%), Sodium: 1071.55mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.53%), Selenium: 68.27µg (97.53%), Phosphorus: 611.46mg (61.15%), Vitamin B2: 0.85mg (49.72%), Calcium: 484.09mg (48.41%), Vitamin B1: 0.66mg (43.94%), Vitamin B12: 2.34µg (38.99%), Vitamin A: 1388.56IU (27.77%), Zinc: 4.05mg (26.99%), Vitamin B3: 5.4mg (26.98%), Vitamin D: 4.02µg (26.79%), Folate: 94.38µg (23.59%), Vitamin B6: 0.44mg (22.09%), Vitamin B5: 2.03mg (20.33%), Iron: 3.5mg (19.45%), Potassium: 447.21mg (12.78%), Magnesium: 47.63mg (11.91%), Vitamin E: 1.75mg (11.64%), Manganese: 0.23mg (11.49%), Copper: 0.17mg (8.61%), Fiber: 1.1g (4.4%), Vitamin K: 3.6µg (3.43%)