



## Sunshine Baked Eggs

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 pound bacon sliced
- 8 ounces pineapple crushed drained canned
- 1.3 cups curd cottage cheese 4%
- 14 eggs
- 8 servings parsley fresh minced
- 1 teaspoon vanilla extract

### Equipment

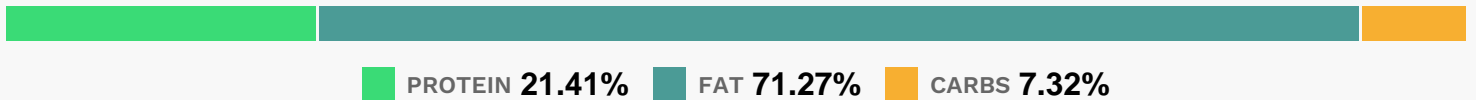
- bowl

- frying pan
- paper towels
- oven
- knife
- baking pan
- slotted spoon

## Directions

- In a large skillet, cook bacon over medium heat until crisp. With a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings. Crumble bacon.
- In a large bowl, lightly beat eggs; add bacon and drippings, cottage cheese, pineapple and vanilla.
- Pour into greased 11-in. x 7-in. baking dish.
- Bake, uncovered, at 350° for 40–45 minutes or until a knife inserted near the center comes out clean.
- Let stand for 5 minutes. If desired, sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:16.151304307191%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 403.35kcal (20.17%), Fat: 31.51g (48.48%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.43g (6.03%), Cholesterol: 330.26mg (110.09%), Sodium: 605.91mg (26.34%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 21.3g (42.6%), Vitamin K: 66.03µg (62.89%), Selenium: 38.81µg (55.44%), Phosphorus: 298.33mg (29.83%), Vitamin B2: 0.47mg (27.62%), Vitamin B12: 1.13µg

(18.85%), Vitamin B5: 1.72mg (17.21%), Vitamin A: 840.65IU (16.81%), Vitamin B6: 0.32mg (16.2%), Vitamin B1: 0.23mg (15.32%), Zinc: 1.88mg (12.56%), Vitamin B3: 2.51mg (12.55%), Folate: 48.21µg (12.05%), Vitamin D: 1.8µg (12.03%), Iron: 1.93mg (10.75%), Vitamin C: 7.98mg (9.68%), Potassium: 315.75mg (9.02%), Calcium: 87.33mg (8.73%), Vitamin E: 1.12mg (7.45%), Copper: 0.13mg (6.34%), Magnesium: 25.37mg (6.34%), Fiber: 0.5g (2%), Manganese: 0.04mg (1.81%)