



## Toad-in-the-Hole Bake

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 8 slices bread
- 0.8 cup milk cheddar cheese shredded 2% divided kraft
- 4 eggs
- 1 Tbsp butter softened

### Equipment

- oven
- baking pan

cookie cutter

## Directions

- Preheat oven to 400F.
- Cut hole in center of each of 4 of the bread slices, using 1-1/2-inch cookie cutter or rim of drinking glass. Discard removed bread circles or reserve for another use.
- Spread remaining bread slices with margarine.
- Place, margarine-sides down, in 13x9-inch baking dish; sprinkle with 1/2 cup cheese. Top with cut-out bread slices to make four sandwiches. Break 1 egg into each hole.
- Sprinkle with remaining 1/4 cup cheese and the bacon.
- Bake 15 to 20 min. or until cheese is melted and eggs are set.

## Nutrition Facts



## Properties

Glycemic Index:2.86, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.9791304503122%

## Nutrients (% of daily need)

Calories: 49.85kcal (2.49%), Fat: 2.81g (4.33%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.46g (0.51%), Cholesterol: 25.62mg (8.54%), Sodium: 76.23mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Selenium: 5.05µg (7.21%), Manganese: 0.09mg (4.55%), Phosphorus: 36.41mg (3.64%), Vitamin B2: 0.06mg (3.5%), Calcium: 32.8mg (3.28%), Vitamin B1: 0.04mg (2.53%), Folate: 9.7µg (2.43%), Vitamin B3: 0.48mg (2.41%), Iron: 0.38mg (2.12%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.71%), Vitamin A: 77.37IU (1.55%), Vitamin B12: 0.09µg (1.5%), Vitamin B6: 0.02mg (1.21%), Fiber: 0.3g (1.19%), Magnesium: 4.72mg (1.18%)