

# EASY EGGS AND BACON 27

- NF, PA, GF, SF, SOYF

## INGREDIENTS

- 8 eggs
- 2 rashers split between the 8 trays (nitrate free)
- 1/2 tsp. salt
- 1/2 tsp. pepper

## METHOD

- 1 Lay bacon in slightly greased muffin tray.
- 2 Crack eggs into the tray on top of bacon.
- 3 Season with salt and pepper to desired effect.
- 4 Place in 180 degree pre heated oven.

### DESIRED COOKING TIMES:

- Runny yolk - 8 minutes
- Semi-soft yolk - 10 minutes
- Hard, crumbly egg - 14 minutes

SERVES 4

## NUTRITION INFO

### CALORIES

37.5

### TOTAL FAT

2g

### SAT. FAT

0.6g

### SODIUM

297.5mg

### TOTAL CARBS

0.3g

### FIBRE

0.1g

### SUGARS

0.2g

### PROTIEN

9.75g