

Bell Pepper Egg Cup

This low carb breakfast recipe will give your day a healthy start.

Recipe Type: Breakfast, Breakfast Foods, Brunch, Diabetic, Main Dish

Degree of Difficulty: Easy

Ingredients

4 each Bell Pepper (seeded), cut top off
1 cup shredded Cheddar cheese
4 slices bacon
4 each egg
4 pinch salt
4 pinch pepper
4 pinches parsley



Directions

- 1 Preheat oven to 400 degrees
- 2 Remove seeds and tops of bell peppers
- 3 Cook bacon to desired crispness, crumble
- 4 Place cheddar cheese and crumbled bacon into pepper halves
- 5 Crack an egg on top of cheese and bacon
- 6 Season with salt and pepper
- 7 Place in oven for 20 minutes or until egg whites are firm and yolks are still runny
- 8 Garnish with parsley and serve

Oven Temperature: 400°F

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Nutrition Facts

Nutrition (per serving): 275 calories, 17.8g total fat, 8.6g saturated fat, 224.6mg cholesterol, 735mg sodium, 10.1g carbohydrates, 3.3g fiber, 6.4g sugar, 17.9g protein.

Servings: 4

Yield: 4 Pepper Cups

Weight Watchers Points

Note: The Freestyle smart points were calculated without the peppers and eggs. All other points do not include the peppers.

Orig. WW Pts: 6

Points Plus: 6

Smart Points: 8

FreeStyle Smart Points: 6

Web Page: <http://www.exercise4weightloss.com/pepper-egg-cup.html>