

All-Day Breakfast Sandwich

READY IN



15 min.

SERVINGS



2

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 inch crusty baguette soft halved lengthwise
- 4 slices canadian bacon
- 4 large eggs
- 4 diestel breakfast sausage
- 2 servings tomatoes
- 2 tablespoons butter unsalted

Equipment

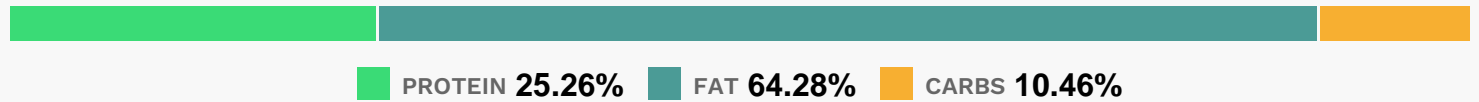
- frying pan

- aluminum foil
- cutting board

Directions

- Melt 1 tablespoon butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then add sausages and cook, turning, until browned, about 3 minutes.
- Transfer to a cutting board and halve lengthwise. Return sausages to skillet and cook, cut sides down, until cooked through, 1 to 2 minutes more.
- Transfer to a plate and keep warm, covered with foil.
- Add bacon to skillet and cook, turning over once, until browned, 2 to 3 minutes total, then transfer to plate with sausage and cover again.
- Add remaining tablespoon butter to skillet and heat until foam subsides. Crack eggs into skillet and season lightly with salt and pepper, then fry (sunny side up or over easy) until whites are cooked and yolks are just set, 4 to 5 minutes.
- Make sandwiches with sausages, bacon, eggs, and baguette.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:6.03, Inflammation Score:-9, Nutrition Score:27.556521871816%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 568.4kcal (28.42%), Fat: 40.4g (62.16%), Saturated Fat: 16.63g (103.95%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 12.37g (4.5%), Sugar: 5.71g (6.34%), Cholesterol: 470.92mg (156.97%), Sodium: 1102.47mg (47.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.72g (71.45%), Selenium: 47.27µg (67.53%), Vitamin B1: 0.76mg (50.89%), Vitamin A: 2431.26IU (48.63%), Phosphorus: 470.73mg (47.07%), Vitamin B2: 0.7mg (41.36%), Vitamin B3: 7.91mg (39.56%), Vitamin B6: 0.72mg (36.06%), Vitamin C: 25.05mg (30.37%), Vitamin D: 4.53µg (30.23%), Vitamin B12: 1.77µg (29.53%), Potassium: 918.67mg (26.25%), Zinc: 3.72mg (24.78%), Vitamin B5: 2.43mg (24.29%), Folate: 90.85µg (22.71%), Iron: 3.69mg (20.48%), Vitamin E: 2.61mg (17.4%), Manganese: 0.31mg (15.43%),

Vitamin K: 16.1µg (15.34%), Magnesium: 52.91mg (13.23%), Copper: 0.26mg (12.92%), Calcium: 100.29mg (10.03%),
Fiber: 2.43g (9.71%)