



Apple-Cheese Breakfast Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 ounce canadian bacon
- ☐ 2 muffins split english
- ☐ 1 medium apples i use 2 granny smith apples cored peeled
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 0.3 cup vanilla yogurt low-fat
- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat

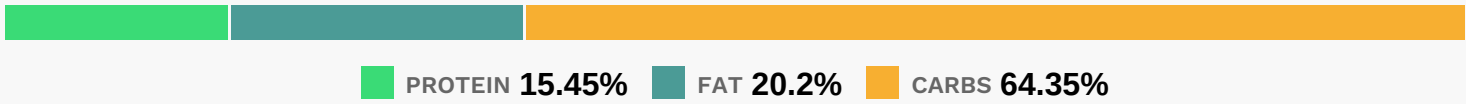
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 15 minutes. Scrape yogurt into a small bowl, using a rubber spatula.
- ☐ Add honey and cinnamon; stir well.
- ☐ Spread yogurt mixture evenly over 2 muffin halves.
- ☐ Slice apple crosswise into thin rings; place 1 ring over yogurt mixture on each muffin half, reserving remaining apple.
- ☐ Sprinkle cheese over apple on muffins; top with bacon and remaining 2 muffin halves.
- ☐ Coat a nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add sandwiches; cook 2 minutes on each side or until golden.
- ☐ Serve with remaining apple slices.

Nutrition Facts



Properties

Glycemic Index:95.64, Glycemic Load:26.44, Inflammation Score:-3, Nutrition Score:9.3582608285158%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 328.29kcal (16.41%), Fat: 7.5g (11.54%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 49.94g (18.16%), Sugar: 23.77g (26.41%), Cholesterol: 23.3mg (7.77%), Sodium: 513.62mg (22.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Phosphorus: 240.81mg (24.08%), Calcium: 208.16mg (20.82%), Vitamin B2: 0.28mg (16.73%), Vitamin B1: 0.25mg (16.43%), Fiber: 3.81g (15.24%), Selenium: 9.64µg (13.78%), Manganese: 0.27mg (13.59%), Zinc: 1.52mg (10.11%), Vitamin B3: 1.92mg (9.62%), Potassium: 327.14mg (9.35%), Vitamin B12: 0.48µg (8.07%), Folate: 32.07µg (8.02%), Vitamin B6: 0.15mg (7.4%), Magnesium: 29.58mg (7.39%), Vitamin B5: 0.68mg (6.75%), Copper: 0.12mg (5.93%), Vitamin C: 4.63mg (5.61%), Iron: 0.82mg (4.55%), Vitamin A: 209.1IU (4.18%), Vitamin D: 0.48µg (3.21%), Vitamin K: 2.42µg (2.31%), Vitamin E: 0.31mg (2.07%)