



Apple-Maple Chicken Sausage Breakfast Sammies

READY IN



20 min.

SERVINGS



4

CALORIES



944 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tablespoons butter divided
- ☐ 8 large eggs
- ☐ 1 tablespoon grill seasoning blend recommended: Montreal Steak Seasoning by McCormick
- ☐ 1 pound ground chicken breast
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 jumbo sandwich size muffins split english
- ☐ 0.3 cup maple syrup pure
- ☐ 1 small mcintosh apples peeled finely chopped

- ☐ 4 servings splash of milk cold
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper
- ☐ 0.3 pound cheddar shredded thinly sliced
- ☐ 1 tablespoon vegetable oil

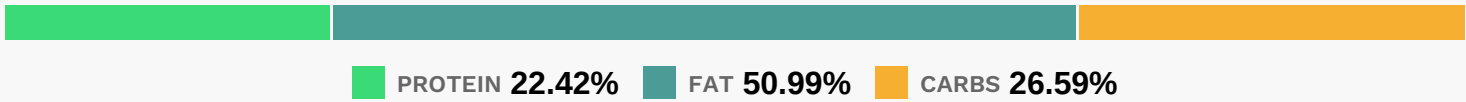
Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler and preheat a medium skillet over medium-high heat with 1 tablespoon oil and 1 tablespoon butter.
- ☐ Mix chicken with apple, syrup, grill seasoning, poultry seasoning, cinnamon and nutmeg and score the meat into 4 sections. Form 4 large, thin patties and set into hot butter and oil. Cook 5 minutes on each side.
- ☐ Place fork split muffins on broiler pan and toast. Butter toasted muffins and reserve.
- ☐ Heat a second nonstick skillet over medium heat and melt a tablespoon of butter in the pan. Beat eggs with milk, salt and pepper and scramble to desired doneness.
- ☐ Pile 1 sausage patty, 1/4 of the eggs and Cheddar cheese on each of 4 muffin halves. Return muffins to broiler to melt cheese, 1 to 2 minutes, then set tops into place and serve.

Nutrition Facts



Properties

Glycemic Index:64.63, Glycemic Load:10.86, Inflammation Score:-8, Nutrition Score:39.619999906291%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 944.26kcal (47.21%), Fat: 53.57g (82.42%), Saturated Fat: 23.87g (149.21%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 60.31g (21.93%), Sugar: 29.24g (32.49%), Cholesterol: 557.25mg (185.75%), Sodium: 1084.69mg (47.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.01g (106.01%), Selenium: 77.47µg (110.67%), Vitamin B2: 1.66mg (97.45%), Phosphorus: 843.58mg (84.36%), Calcium: 662.83mg (66.28%), Vitamin B12: 3.17µg (52.78%), Vitamin B6: 0.98mg (48.75%), Manganese: 0.95mg (47.37%), Vitamin B3: 9.19mg (45.95%), Vitamin B5: 4.07mg (40.71%), Vitamin B1: 0.61mg (40.38%), Zinc: 5.76mg (38.38%), Potassium: 1279.64mg (36.56%), Vitamin A: 1629.66IU (32.59%), Vitamin D: 4.85µg (32.36%), Iron: 5.22mg (29%), Folate: 111.95µg (27.99%), Magnesium: 98.25mg (24.56%), Vitamin K: 23.17µg (22.07%), Vitamin E: 2.63mg (17.51%), Copper: 0.28mg (13.77%), Fiber: 2.53g (10.13%), Vitamin C: 1.91mg (2.31%)