



## Bacon and Egg Breakfast Grilled Cheese

READY IN



12 min.

SERVINGS



2

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon fully-cooked
- 3 teaspoons butter divided room temperature
- 2 eggs
- 2 slices monterrey jack cheese
- 2 tablespoons water
- 2 servings salt and pepper
- 4 slices bread whole wheat white

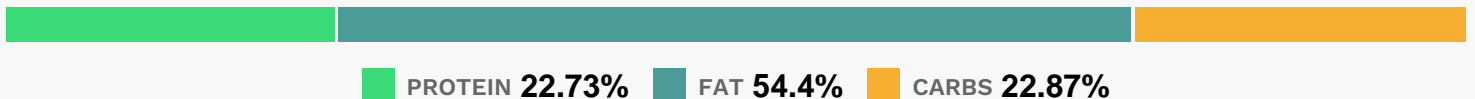
### Equipment

- bowl
- frying pan
- grill
- spatula

## Directions

- Beat eggs, milk, salt and pepper in bowl until blended.
- Heat 1 tsp. butter in large nonstick skillet over medium heat until hot.
- Pour in egg mixture. As eggs begin to set, Gently pull the eggs across the pan with an inverted turner, forming large soft curds. Continue cooking--pulling, lifting and folding eggs--until thickened and no visible liquid egg remains. Do not stir constantly.
- Remove from pan. Clean skillet.
- Spread remaining 2 tsp. butter evenly on one side of each bread slice.
- Place 2 slices in skillet, buttered side down. Top evenly with scrambled eggs, cheese and bacon. Cover with remaining bread, buttered side up.
- Grill sandwiches over medium heat, turning once, until bread is toasted and cheese is melted, 2 to 4 minutes.

## Nutrition Facts



## Properties

Glycemic Index:73.35, Glycemic Load:14.53, Inflammation Score:-5, Nutrition Score:18.570000047269%

## Nutrients (% of daily need)

Calories: 438.26kcal (21.91%), Fat: 26.35g (40.55%), Saturated Fat: 12.91g (80.69%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 21.56g (7.84%), Sugar: 2.78g (3.09%), Cholesterol: 220.57mg (73.52%), Sodium: 994.04mg (43.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Manganese: 1.22mg (60.75%), Selenium: 40.2µg (57.43%), Phosphorus: 394.04mg (39.4%), Calcium: 328.93mg (32.89%), Vitamin B2: 0.44mg (26.05%), Vitamin B1: 0.33mg (22.05%), Vitamin B3: 4.22mg (21.11%), Zinc: 2.89mg (19.28%), Magnesium: 61.22mg (15.31%), Vitamin B6: 0.3mg (15.19%), Iron: 2.56mg (14.22%), Vitamin B12: 0.81µg (13.52%), Fiber: 3.36g (13.44%), Vitamin B5: 1.3mg (13.04%), Vitamin A: 647.95IU (12.96%), Folate: 49.47µg (12.37%), Copper: 0.19mg (9.33%), Potassium: 305.08mg (8.72%), Vitamin D: 1.11µg (7.41%), Vitamin E: 1.08mg (7.19%), Vitamin K: 5.72µg (5.45%)