



Bacon and Jalapeño Egg Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 large eggs organic
- ☐ 4 sprigs cilantro leaves fresh
- ☐ 0.5 small jalapeño thinly sliced
- ☐ 0.3 ounce cheddar shredded reduced-fat
- ☐ 1 serving bell pepper
- ☐ 2 slices onion red thin
- ☐ 1 slice tomatoes thick
- ☐ 1 piece at least of turkey bacon such as applegate
- ☐ 1 whole-grain muffin split english

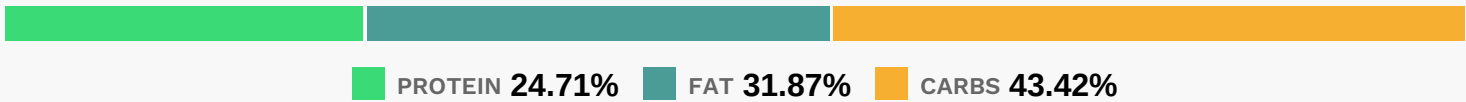
Equipment

☐ frying pan

Directions

- ☐ Warm a skillet over medium heat. Cook the bacon until crisp. Set aside.
- ☐ Place muffin, cut-side down, in skillet. Press to toast (2 minutes). Set aside.
- ☐ Coat skillet with cooking spray. Cook egg about 30 seconds.
- ☐ Sprinkle with pepper and cheese. Cook until set.
- ☐ Transfer egg to muffin half. Top with the bacon, jalapeo, onion, tomato, cilantro, and second muffin half.

Nutrition Facts



Properties

Glycemic Index:161, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:28.843043451724%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 292.46kcal (14.62%), Fat: 10.73g (16.51%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 26.27g (9.55%), Sugar: 10.23g (11.36%), Cholesterol: 201.21mg (67.07%), Sodium: 651.5mg (28.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Vitamin C: 111.83mg (135.56%), Vitamin A: 3520.87IU (70.42%), Selenium: 43.28µg (61.83%), Manganese: 1.23mg (61.49%), Phosphorus: 398.5mg (39.85%), Vitamin K: 36.5µg (34.76%), Vitamin B6: 0.54mg (27.02%), Vitamin B2: 0.45mg (26.64%), Fiber: 6.63g (26.51%), Folate: 104.51µg (26.13%), Calcium: 230.87mg (23.09%), Vitamin B1: 0.27mg (18.14%), Vitamin E: 2.71mg (18.06%), Vitamin B3: 3.59mg (17.95%), Iron: 3.22mg (17.91%), Magnesium: 69.74mg (17.43%), Potassium: 574.41mg (16.41%), Zinc: 2.44mg (16.29%), Vitamin B5: 1.54mg (15.43%), Copper: 0.24mg (12.1%), Vitamin B12: 0.53µg (8.84%), Vitamin D: 1.06µg (7.09%)