



Bacon, Egg and Cheddar English Muffin Panini

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices muffin toasting bread split english
- 4 tablespoons butter english at room temperature (if using muffin toasting bread)
- 4 servings coarse salt and pepper black
- 8 strips bacon cooked
- 4 large eggs
- 4 ounces sharp cheddar cheese sliced

Equipment

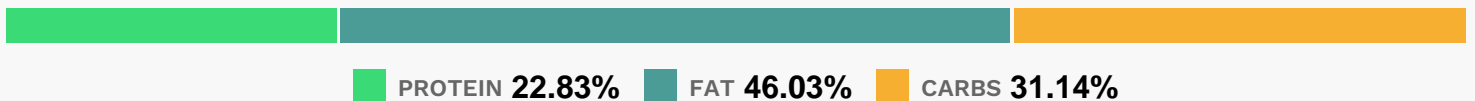
- bowl

- frying pan
- grill
- aluminum foil
- spatula
- panini press

Directions

- One at a time, prepare the omelets. Melt about 1/2 teaspoon of butter in a small nonstick skillet over medium–low heat. Beat one egg really well in a small bowl, season it with salt and pepper and pour it into the skillet. Once the egg has set slightly, pull in the sides with a rubber spatula to allow the runny egg to flow to the pan. When the eggs are nearly set, carefully lift up one edge with the rubber spatula and fold it over in half.
- Transfer the omelet to a plate and cover it with foil to keep warm while you prepare the other three omelets in the same manner.
- Heat the panini maker to medium–high heat. For each sandwich: If you’re using English muffin toasting bread, spread butter on two slices to flavor the outside of the sandwich. Flip over one slice and layer on cheese, an omelet, two slices of bacon and more cheese (if you’re using traditional English muffins, apply the fillings inside the lower half of the muffin). Close the sandwich with the top English muffin half. Grill the panini, two at a time (or all four, if they will fit), until the cheese is melted and the bread or muffin is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:19.28, Inflammation Score:-5, Nutrition Score:18.511738856202%

Nutrients (% of daily need)

Calories: 450.23kcal (22.51%), Fat: 22.81g (35.1%), Saturated Fat: 9.36g (58.48%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 32.09g (11.67%), Sugar: 3.49g (3.87%), Cholesterol: 230.19mg (76.73%), Sodium: 1052.49mg (45.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 47.61µg (68.02%), Phosphorus: 382.83mg (38.28%), Manganese: 0.74mg (37.06%), Vitamin B2: 0.55mg (32.62%), Calcium: 308mg (30.8%), Vitamin B3: 5.09mg (25.47%), Vitamin B1: 0.37mg (24.98%), Folate: 82.52µg (20.63%), Zinc: 2.86mg (19.08%), Iron: 3.22mg (17.9%), Vitamin B5: 1.59mg (15.87%), Vitamin B12: 0.93µg (15.43%), Vitamin B6: 0.26mg

(12.93%), Vitamin A: 561.1IU (11.22%), Magnesium: 44.68mg (11.17%), Fiber: 2.64g (10.56%), Vitamin D: 1.23µg (8.23%), Copper: 0.16mg (8.21%), Potassium: 269.04mg (7.69%), Vitamin E: 0.91mg (6.07%), Vitamin K: 3.57µg (3.4%)