



## Bacon-Egg English Muffin

READY IN



15 min.

SERVINGS



2

CALORIES



279 kcal

### Ingredients

- 2 slices canadian bacon
- 1 tablespoon cream cheese softened
- 2 eggs
- 1 muffins split english toasted
- 2 slices processed cheese food
- 1 tablespoon vinegar white

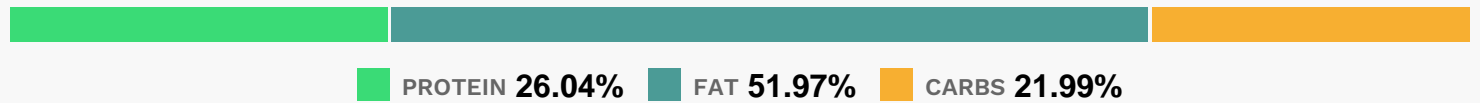
### Equipment

- frying pan
- slotted spoon

## Directions

- Place 2–3 in. of water in a large skillet with high sides; add vinegar. Bring to a boil; reduce heat and simmer gently. Break cold eggs, one at a time, into a custard cup or saucer; holding the cup close to the surface of the water, slip egg into water. Cook, uncovered, until whites are completely set, about 4 minutes.
- Meanwhile, spread cream cheese over muffin halves. Top with cheese slices and Canadian bacon. Using a slotted spoon, lift eggs out of water and place over bacon.

## Nutrition Facts



## Properties

Glycemic Index:89.5, Glycemic Load:9.57, Inflammation Score:-3, Nutrition Score:11.678260962519%

## Nutrients (% of daily need)

Calories: 279.36kcal (13.97%), Fat: 15.85g (24.39%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.32g (5.21%), Sugar: 0.91g (1.01%), Cholesterol: 206.25mg (68.75%), Sodium: 826.2mg (35.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.75%), Selenium: 25.54µg (36.48%), Phosphorus: 336.97mg (33.7%), Calcium: 268.7mg (26.87%), Vitamin B2: 0.36mg (21.17%), Vitamin B1: 0.29mg (19.2%), Vitamin B12: 0.92µg (15.41%), Vitamin D: 1.8µg (12.03%), Zinc: 1.72mg (11.49%), Vitamin B3: 2.28mg (11.39%), Vitamin B5: 1.08mg (10.76%), Vitamin B6: 0.21mg (10.68%), Vitamin A: 533.42IU (10.67%), Folate: 34.7µg (8.67%), Iron: 1.36mg (7.56%), Manganese: 0.13mg (6.72%), Potassium: 233.54mg (6.67%), Magnesium: 22.3mg (5.58%), Vitamin E: 0.75mg (5.01%), Copper: 0.09mg (4.64%), Fiber: 0.77g (3.08%)