



BLT Breakfast Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon butter
- 6 bacon crumbled cooked
- 6 ounce cream cheese softened
- 4 large eggs
- 2 tablespoons chives fresh chopped
- 0.9 ounce knorr hollandaise sauce mix
- 4 lettuce leaves
- 0.8 teaspoon seasoned pepper divided
- 4 slices sourdough bread toasted

2 small tomatoes sliced

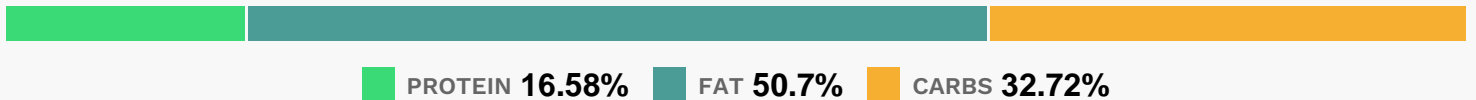
Equipment

frying pan

Directions

- Prepare hollandaise sauce according to package directions; keep warm.
- Stir together bacon, cream cheese, chives, and 1/4 teaspoon seasoned pepper; spread evenly on one side of each toasted bread slice.
- Melt butter in a large nonstick skillet over medium heat. Gently break eggs into hot skillet, and sprinkle evenly with 1/4 teaspoon seasoned pepper. Cook 2 to 3 minutes on each side or until done.
- Place lettuce leaves and tomatoes on top of bread slices, and top with fried eggs.
- Drizzle hollandaise sauce evenly over top, and sprinkle evenly with remaining 1/4 teaspoon seasoned pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:26.76, Inflammation Score:-9, Nutrition Score:21.019130706787%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 516.26kcal (25.81%), Fat: 28.08g (43.19%), Saturated Fat: 12.54g (78.36%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.45g (13.98%), Sugar: 6.21g (6.9%), Cholesterol: 268.17mg (89.39%), Sodium: 1034mg (44.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.31%), Vitamin A: 3194.06IU (63.88%), Selenium: 43.57µg (62.24%), Vitamin B1: 0.59mg (39.61%), Vitamin B2: 0.66mg (39.05%), Folate:

123.67µg (30.92%), Phosphorus: 278.41mg (27.84%), Manganese: 0.53mg (26.7%), Vitamin B3: 4.8mg (24.01%), Iron: 3.94mg (21.87%), Vitamin B6: 0.31mg (15.27%), Vitamin B5: 1.41mg (14.1%), Vitamin C: 11.43mg (13.86%), Zinc: 2.03mg (13.52%), Potassium: 425.18mg (12.15%), Calcium: 121.13mg (12.11%), Vitamin B12: 0.67µg (11.21%), Magnesium: 43.53mg (10.88%), Vitamin E: 1.51mg (10.06%), Copper: 0.19mg (9.39%), Fiber: 2.33g (9.31%), Vitamin K: 8.89µg (8.47%), Vitamin D: 1.05µg (6.99%)