



BLT Brunchwiches

READY IN



15 min.

SERVINGS



15

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 bagels plain split
- 4 eggs
- 0.5 cup pasilla peppers green chopped
- 4 lettuce leaves
- 0.3 cup milk
- 2 tsp pepper sauce hot
- 8 slices oscar mayer center cut bacon cooked
- 4 slices tomatoes

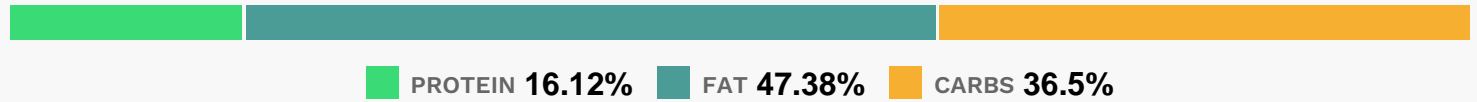
Equipment

- bowl
- frying pan
- spatula

Directions

- Beat eggs, milk and pepper sauce in small bowl.
- Cook and stir green peppers in medium skillet sprayed with cooking spray on medium heat 2 to 3 min. or until crisp-tender.
- Add egg mixture; cook until almost set, occasionally lifting edge with spatula and tilting skillet to allow uncooked portion to flow underneath. Continue cooking until egg mixture is set.
- Fill bagels with lettuce, tomatoes, egg mixture and bacon.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:10.46, Inflammation Score:-4, Nutrition Score:5.1252173263094%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 179.6kcal (8.98%), Fat: 9.34g (14.37%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.31g (5.57%), Sugar: 0.62g (0.69%), Cholesterol: 56.81mg (18.94%), Sodium: 314.05mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin A: 630.3IU (12.61%), Selenium: 7.58µg (10.82%), Manganese: 0.19mg (9.53%), Phosphorus: 86.52mg (8.65%), Vitamin C: 6.61mg (8.01%), Vitamin B1: 0.12mg (7.85%), Vitamin B3: 1.37mg (6.86%), Vitamin B2: 0.1mg (5.83%), Vitamin B6: 0.11mg (5.6%), Zinc: 0.67mg (4.49%), Iron: 0.76mg (4.23%), Vitamin B5: 0.42mg (4.15%), Folate: 15.72µg (3.93%), Vitamin B12: 0.22µg (3.71%), Potassium: 127.68mg (3.65%), Magnesium: 14.47mg (3.62%), Fiber: 0.88g (3.52%), Copper: 0.07mg (3.49%), Vitamin D: 0.36µg (2.37%), Calcium: 21.14mg (2.11%), Vitamin E: 0.28mg (1.9%)