



Breakfast Pita Pockets

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



607 kcal

Ingredients

- 2 slices bacon
- 3 eggs beaten
- 1 wholewheat pita breads cut in half
- 2 links pork sausage

Equipment

- frying pan
- microwave

Directions

- Place bacon, sausage, and Canadian-style bacon in a medium skillet over medium heat. Fry until evenly brown; drain. Crumble bacon, and chop sausage.
- Mix eggs into the skillet, and scramble with the bacon and sausage until no longer runny.
- Place pita bread in a microwave, and heat on High about 30 seconds, until warm. Spoon the egg mixture into the pita bread halves, and serve warm.

Nutrition Facts

PROTEIN 20.6% **FAT 68.43%** **CARBS 10.97%**

Properties

Glycemic Index:62.5, Glycemic Load:14.53, Inflammation Score:-2, Nutrition Score:16.221739066684%

Nutrients (% of daily need)

Calories: 606.64kcal (30.33%), Fat: 45.32g (69.73%), Saturated Fat: 14.98g (93.61%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.74g (5.72%), Sugar: 0.24g (0.27%), Cholesterol: 341.4mg (113.8%), Sodium: 1108.12mg (48.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Selenium: 24.68µg (35.26%), Vitamin B3: 6.85mg (34.24%), Phosphorus: 342.07mg (34.21%), Vitamin B1: 0.47mg (31.51%), Vitamin B2: 0.48mg (28.5%), Vitamin B12: 1.66µg (27.63%), Vitamin B6: 0.53mg (26.3%), Zinc: 3.8mg (25.32%), Vitamin B5: 2mg (20.03%), Vitamin D: 2.88µg (19.18%), Iron: 2.89mg (16.06%), Potassium: 448.48mg (12.81%), Folate: 38.87µg (9.72%), Vitamin A: 449.29IU (8.99%), Copper: 0.18mg (8.92%), Magnesium: 33.66mg (8.41%), Manganese: 0.16mg (8.06%), Calcium: 72.31mg (7.23%), Vitamin E: 1mg (6.68%), Fiber: 0.62g (2.46%)