



Brunch Eggs on English Muffins

READY IN



25 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 2 teaspoons flour all-purpose
- 0.5 cup milk
- 1 oz cheddar cheese shredded
- 2 teaspoons parmesan cheese grated
- 1 teaspoon basil dried fresh chopped
- 1 Dash ground pepper red (cayenne)
- 2 muffins split english
- 2 oz canadian bacon canadian-style fully cooked thin

- 8 eggs beaten
- 1 serving pepper freshly ground

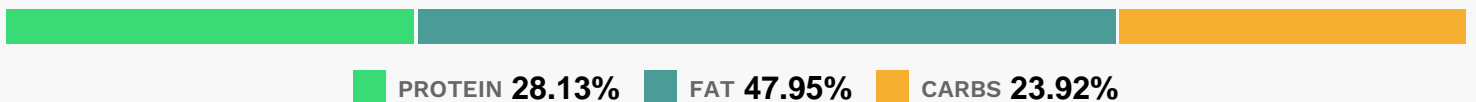
Equipment

- frying pan
- sauce pan
- spatula

Directions

- In 1-quart nonstick saucepan, melt butter over low heat. Stir in flour; remove from heat. Gradually stir in milk.
- Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheeses, basil and red pepper; keep warm.
- Toast English muffins. In 10-inch nonstick skillet, cook bacon over medium heat until brown on both sides.
- Remove from skillet; keep warm.
- Heat same skillet over medium heat.
- Pour eggs into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Place 1 slice bacon on each muffin half. Top with eggs. Spoon about 2 tablespoons sauce over eggs.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:10.4, Inflammation Score:-4, Nutrition Score:13.879565137722%

Nutrients (% of daily need)

Calories: 286.01kcal (14.3%), Fat: 14.98g (23.04%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 15.9g (5.78%), Sugar: 1.83g (2.03%), Cholesterol: 347.34mg (115.78%), Sodium: 498.42mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Selenium: 34.36µg (49.08%), Vitamin B2: 0.56mg (33%), Phosphorus: 327.64mg (32.76%), Vitamin B12: 1.16µg (19.4%), Calcium: 180.92mg (18.09%), Vitamin B5: 1.71mg (17.09%), Vitamin D: 2.55µg (16.98%), Vitamin B1: 0.22mg (14.75%), Folate: 56.76µg (14.19%), Zinc: 2.05mg (13.66%), Vitamin A: 674.05IU (13.48%), Vitamin B6: 0.25mg (12.36%), Iron: 2.19mg (12.15%), Manganese: 0.17mg (8.43%), Potassium: 272.28mg (7.78%), Vitamin B3: 1.51mg (7.54%), Vitamin E: 1.11mg (7.39%), Magnesium: 27.51mg (6.88%), Copper: 0.12mg (5.86%), Vitamin K: 4.92µg (4.68%), Fiber: 0.9g (3.62%)