



Canadian Bacon Breakfast Stack

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 slices bacon thick canadian-style
- 1 pound collard greens rinsed trimmed
- 6 egg whites
- 2 tablespoons chives fresh chopped
- 4 slices whole-grain bread thick toasted
- 1 onion chopped
- 4 servings salt and pepper to taste
- 0.3 pound salt pork
- 1 cup cheddar cheese shredded

Equipment

- frying pan
- paper towels
- sauce pan
- broiler pan

Directions

- Place collards, onion and salt pork in a large saucepan. Cover with water and cook over medium heat, until greens are tender (about 15 to 20 minutes).
- Drain, discard pork, reserve the greens and onions and set aside.
- Spray a nonstick skillet with cooking spray.
- Heat skillet over medium high heat and add egg whites. Season with salt and pepper to taste and saute all together, stirring constantly until done to taste.
- Meanwhile, spray another nonstick skillet with cooking spray and heat over medium high heat.
- Saute Canadian bacon on both sides until lightly browned.
- Remove from skillet and drain on paper towels.
- Place bread slices on a broiler pan. Top each with 1 slice Canadian bacon and equal portions greens, egg whites and cheese. Broil until cheese bubbles and melts.
- Sprinkle chives on top and serve.

Nutrition Facts

 PROTEIN **20.04%**  FAT **62.75%**  CARBS **17.21%**

Properties

Glycemic Index:42.17, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:32.714347756427%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 514.32kcal (25.72%), Fat: 36.21g (55.71%), Saturated Fat: 14.67g (91.67%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 15.62g (5.68%), Sugar: 3.36g (3.74%), Cholesterol: 66.88mg (22.29%), Sodium: 1618.21mg (70.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Vitamin K: 501.72µg (477.83%), Vitamin A: 6041.2IU (120.82%), Manganese: 1.4mg (70.06%), Calcium: 523.41mg (52.34%), Vitamin C: 42.94mg (52.04%), Selenium: 34.61µg (49.45%), Folate: 174µg (43.5%), Vitamin B2: 0.59mg (34.79%), Phosphorus: 316.69mg (31.67%), Vitamin B1: 0.47mg (31.3%), Fiber: 6.72g (26.88%), Vitamin B3: 4.42mg (22.1%), Vitamin B6: 0.44mg (21.91%), Vitamin E: 2.99mg (19.96%), Magnesium: 74.97mg (18.74%), Zinc: 2.49mg (16.59%), Potassium: 568.02mg (16.23%), Vitamin B12: 0.61µg (10.22%), Iron: 1.73mg (9.63%), Vitamin B5: 0.94mg (9.42%), Copper: 0.18mg (8.77%), Vitamin D: 1.02µg (6.83%)