



Canadian Bacon & Egg Sandwich

 Dairy Free

READY IN



7 min.

SERVINGS



7

CALORIES



54 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 slices canadian bacon
- 1 eggs
- 1 muffin whole wheat split english toasted
- 1 Tbsp lite ranch dressing kraft

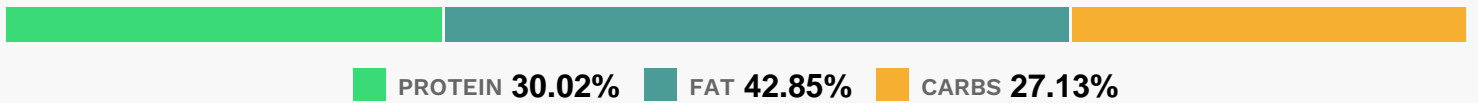
Equipment

- bowl
- whisk
- microwave

Directions

- Heat Canadian bacon as directed on package.
- Meanwhile, beat egg and dressing in small microwaveable bowl with wire whisk until well blended. Microwave on HIGH 1 min., stirring gently every 30 sec. Cover.
- Let stand 1 min. or until egg is set and no visible liquid remains. (Do not overstir.)
- Cover 1 of the muffin halves with Canadian bacon; top with egg mixture and remaining muffin half.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3226086600967%

Nutrients (% of daily need)

Calories: 53.91kcal (2.7%), Fat: 2.57g (3.96%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.78g (0.87%), Cholesterol: 30.05mg (10.02%), Sodium: 168.29mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Selenium: 8.34µg (11.91%), Vitamin B1: 0.12mg (7.93%), Manganese: 0.15mg (7.56%), Phosphorus: 69.07mg (6.91%), Vitamin B3: 1.04mg (5.22%), Vitamin B2: 0.06mg (3.71%), Vitamin B6: 0.07mg (3.61%), Vitamin D: 0.47µg (3.13%), Vitamin K: 2.97µg (2.83%), Calcium: 26.68mg (2.67%), Zinc: 0.38mg (2.57%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.23mg (2.34%), Iron: 0.4mg (2.22%), Magnesium: 8.72mg (2.18%), Fiber: 0.55g (2.18%), Potassium: 69.16mg (1.98%), Folate: 7.52µg (1.88%), Copper: 0.03mg (1.38%), Vitamin E: 0.17mg (1.15%)