



Canadian Bacon & Ranch Benedict

READY IN



15 min.

SERVINGS



15

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 slices canadian bacon
- 4 eggs
- 4 muffins whole wheat split english toasted
- 2 Tbsp milk fat-free
- 1 Tbsp parsley fresh chopped
- 0.5 cup lite ranch dressing divided kraft
- 0.3 cup tomatoes finely chopped

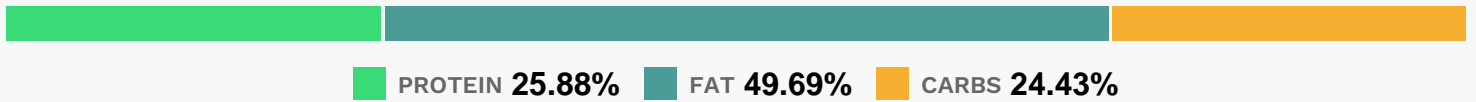
Equipment

- bowl
- frying pan
- whisk
- microwave

Directions

- Beat eggs and 1/4 cup of the dressing with wire whisk until well blended; set aside. Spray medium skillet with cooking spray; heat on medium heat.
- Add egg mixture. Cook 3 min. or until eggs begin to set; stir. Cook an additional 2 min. or until eggs are thickened and no visible liquid remains, stirring occasionally. (Do not overstir.)
- Heat Canadian bacon as directed on package. Meanwhile, combine remaining 1/4 cup dressing and the milk in small microwaveable bowl. Microwave on HIGH 20 sec. or until heated through.
- Cut Canadian bacon slices in half.
- Place muffin halves, cut-sides up, on serving platter. Top each with 3 Canadian bacon slices. Cover evenly with the egg mixture, dressing mixture, tomatoes and parsley.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:6.941304344198%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 6.59g (10.14%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.23g (2.27%), Sugar: 1.82g (2.02%), Cholesterol: 57.19mg (19.06%), Sodium: 351.27mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.45%), Selenium: 15.75µg (22.5%), Vitamin B1: 0.22mg (15%), Vitamin K: 15.26µg (14.53%), Manganese: 0.29mg (14.36%), Phosphorus: 139.26mg (13.93%), Vitamin B3:

1.97mg (9.86%), Vitamin B2: 0.12mg (7.32%), Vitamin B6: 0.14mg (6.97%), Vitamin D: 0.9µg (6.02%), Calcium: 54.15mg (5.42%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.48mg (4.78%), Vitamin B12: 0.28µg (4.71%), Iron: 0.78mg (4.33%), Magnesium: 17.12mg (4.28%), Fiber: 1.06g (4.23%), Potassium: 142.29mg (4.07%), Folate: 14.99µg (3.75%), Vitamin E: 0.43mg (2.84%), Copper: 0.05mg (2.72%), Vitamin A: 113.27IU (2.27%)