



Cheesy Canadian Bacon-English Muffin

READY IN



5 min.

SERVINGS



4

CALORIES



161 kcal

Ingredients

- 4 slices canadian bacon
- 4 muffins whole wheat split english toasted
- 4 milk singles 2% kraft

Equipment

- microwave

Directions

- Place muffin halves on microwaveable platter. Top 4 muffin halves with bacon; top remaining muffin halves with 2% Milk Singles.

- Microwave on HIGH 30 sec. or until Singles begin to melt.
- Cover each bacon-topped muffin half with Singles-topped muffin half.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.009999944464%

Nutrients (% of daily need)

Calories: 160.96kcal (8.05%), Fat: 3.2g (4.93%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 19.74g (7.18%), Sugar: 4.66g (5.18%), Cholesterol: 14.33mg (4.78%), Sodium: 465.59mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Manganese: 1.03mg (51.35%), Selenium: 30.12µg (43.03%), Vitamin B1: 0.39mg (25.69%), Phosphorus: 230.91mg (23.09%), Vitamin B3: 3.72mg (18.6%), Calcium: 154.53mg (15.45%), Fiber: 3.82g (15.28%), Magnesium: 45.42mg (11.36%), Vitamin B6: 0.2mg (10.22%), Iron: 1.59mg (8.84%), Zinc: 1.31mg (8.75%), Vitamin B2: 0.13mg (7.69%), Folate: 29.12µg (7.28%), Copper: 0.13mg (6.69%), Potassium: 219.14mg (6.26%), Vitamin B5: 0.55mg (5.48%), Vitamin D: 0.8µg (5.32%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.29mg (1.96%)