



Cowboy Breakfast Sandwiches

READY IN



30 min.

SERVINGS



8

CALORIES



715 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound diestel breakfast sausage cut into 8 patties
- 8 servings butter
- 8 slices cheese such as american, cheddar or cheddar-jack
- 12 eggs
- 8 servings sandwich spread such as mayo, spicy sandwich spread or spicy mustard
- 0.5 cup half-and-half
- 1 cup jalapeño jarred
- 8 servings salt and pepper black freshly ground
- 16 slices texas toast croutons

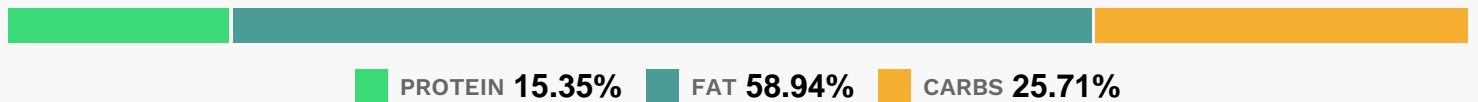
Equipment

- bowl
- frying pan
- aluminum foil
- spatula

Directions

- Cook the Texas toast on a griddle over medium heat, using lots of butter. Set aside.
- Fry the sausage patties in a skillet over medium heat, flattening with the spatula as they cook. Set aside.
- Mix the eggs, half-and-half and some salt and pepper in a separate bowl.
- Pour the eggs onto the griddle in a rectangular shape. Flip to cook on both sides.
- Cut the rectangle of eggs into 8 squares and set aside on a plate.
- Increase the heat, then jump the jalapeno slices onto the hot griddle.
- Let them sizzle for a couple of minutes, chopping them with the side of the spatula as they cook. Drop on a tablespoon of butter for flavor. Cook until the jalapenos have some brown and black bits.
- Remove from the griddle, then set aside.
- Spread whatever sandwich spread you'd like to use onto the Texas toast. Top with a sausage patty, eggs, a slice of cheese and some jalapenos. Top with another slice of Texas toast, then wrap in foil for serving.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:5.48, Inflammation Score:-5, Nutrition Score:17.410869608755%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 715kcal (35.75%), Fat: 46.95g (72.23%), Saturated Fat: 17.96g (112.27%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 43.57g (15.84%), Sugar: 12.18g (13.54%), Cholesterol: 319.39mg (106.46%), Sodium: 1030.92mg (44.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.03%), Iron: 13.93mg (77.37%), Selenium: 25.94µg (37.05%), Phosphorus: 306.4mg (30.64%), Vitamin B2: 0.5mg (29.15%), Vitamin B12: 1.29µg (21.45%), Zinc: 2.79mg (18.63%), Calcium: 184.23mg (18.42%), Vitamin C: 15.11mg (18.31%), Vitamin B6: 0.36mg (17.77%), Vitamin A: 869.58IU (17.39%), Vitamin B5: 1.55mg (15.51%), Vitamin B3: 2.89mg (14.47%), Vitamin D: 2.16µg (14.39%), Vitamin B1: 0.2mg (13.26%), Folate: 40.36µg (10.09%), Vitamin E: 1.5mg (10.02%), Fiber: 2.49g (9.98%), Potassium: 305.96mg (8.74%), Magnesium: 24.48mg (6.12%), Copper: 0.11mg (5.62%), Vitamin K: 3.62µg (3.45%), Manganese: 0.05mg (2.62%)