



Creole Breakfast Crostinis

READY IN



20 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon creole seasoning
- ☐ 4 large eggs
- ☐ 4 servings creole sauce
- ☐ 4 oz monterrey jack cheese with peppers
- ☐ 11 oz morningstar farms breakfast starters classic scramble
- ☐ 4 servings garnish: parsley fresh chopped

Equipment

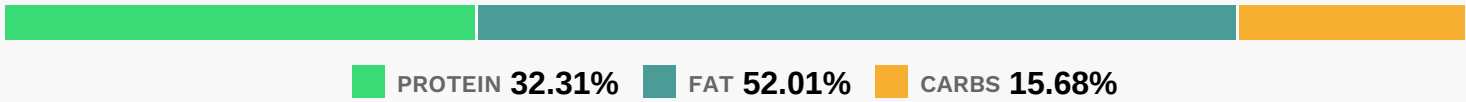
- ☐ baking sheet

☐ oven

Directions

- ☐ Prepare breakfast starters with eggs according to package directions, adding 3/4 tsp. Creole seasoning.
- ☐ Cut bread diagonally into 4 (1 1/4-inch-thick) slices. Top bread slices with cheese, and place on a baking sheet.
- ☐ Bake at 400 for 5 minutes or until cheese is melted and bread is lightly toasted.
- ☐ Top bread slices evenly with scrambled egg mixture.
- ☐ Drizzle evenly with Creole Sauce.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:26.539130169412%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.09kcal (15.95%), Fat: 18.35g (28.24%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 8.4g (3.05%), Sugar: 1.46g (1.63%), Cholesterol: 215.13mg (71.71%), Sodium: 699.05mg (30.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Vitamin B1: 2.09mg (139.66%), Vitamin K: 70.03µg (66.7%), Selenium: 37.12µg (53.02%), Phosphorus: 388.89mg (38.89%), Manganese: 0.77mg (38.62%), Vitamin B12: 2.25µg (37.46%), Calcium: 351.59mg (35.16%), Folate: 131.75µg (32.94%), Vitamin B2: 0.54mg (31.57%), Vitamin A: 993.48IU (19.87%), Iron: 3.24mg (17.97%), Vitamin B6: 0.36mg (17.82%), Zinc: 2.53mg (16.87%), Fiber: 4.05g (16.22%), Vitamin B3: 3.07mg (15.36%), Magnesium: 59.88mg (14.97%), Vitamin C: 9.11mg (11.05%), Potassium: 381.29mg (10.89%), Vitamin B5: 1.07mg (10.67%), Copper: 0.21mg (10.42%), Vitamin D: 1.17µg (7.8%), Vitamin E: 0.92mg (6.13%)