



Dad's Souper Brunch

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 strips canadian bacon canadian-style
- 10.8 ounce cream of chicken soup canned
- 8 eggs
- 4 muffins split english toasted
- 10.8 ounce milk canned

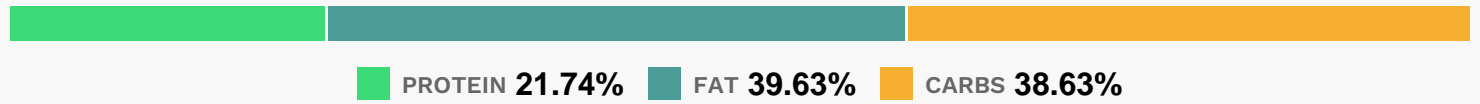
Equipment

- frying pan
- sauce pan

Directions

- Split English muffins in half and toast; set aside. In a small saucepan, heat soup and milk over low heat.
- Place Canadian bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Set aside and keep warm.
- Add eggs to skillet and cook as desired.
- Place English muffin halves on serving plates. Top with Canadian bacon and then eggs. Spoon warm soup over eggs.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:22.21, Inflammation Score:-4, Nutrition Score:15.225652203612%

Nutrients (% of daily need)

Calories: 377.21kcal (18.86%), Fat: 16.37g (25.18%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 34.36g (12.5%), Sugar: 4.4g (4.89%), Cholesterol: 343.6mg (114.53%), Sodium: 971.32mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Selenium: 30.41µg (43.44%), Vitamin B2: 0.63mg (37.27%), Phosphorus: 355.48mg (35.55%), Vitamin B12: 1.23µg (20.51%), Vitamin B5: 2.04mg (20.44%), Calcium: 183.46mg (18.35%), Vitamin D: 2.65µg (17.69%), Folate: 64.05µg (16.01%), Iron: 2.87mg (15.94%), Vitamin A: 737.29IU (14.75%), Manganese: 0.28mg (14.17%), Zinc: 2.1mg (13.97%), Vitamin B1: 0.21mg (13.73%), Copper: 0.24mg (11.8%), Vitamin B6: 0.23mg (11.42%), Potassium: 354.61mg (10.13%), Vitamin E: 1.38mg (9.18%), Magnesium: 35.06mg (8.77%), Vitamin B3: 1.46mg (7.31%), Fiber: 1.54g (6.16%), Vitamin K: 3.62µg (3.44%)