



## Egg and Bacon Topped Muffins

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons dijon honey mustard
- 2 muffins split english toasted
- 3 oz processed cheese food
- 4 hardboiled eggs peeled sliced
- 4 teaspoons oz. bacon into pieces

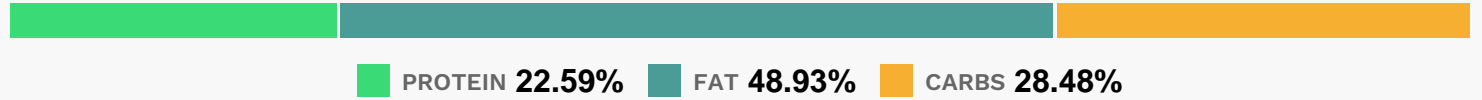
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400°F.
- Spread honey mustard evenly on English muffin halves; place on ungreased cookie sheet. Top each with cheese, egg and bacon.
- Bake at 400°F. for 3 to 4 minutes or until cheese melts and sandwiches are heated through.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:9.47, Inflammation Score:-3, Nutrition Score:8.7878261842643%

## Nutrients (% of daily need)

Calories: 250.85kcal (12.54%), Fat: 13.33g (20.5%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.69g (6.07%), Sugar: 2.54g (2.82%), Cholesterol: 212.76mg (70.92%), Sodium: 692.03mg (30.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.68%), Selenium: 19.69µg (28.14%), Calcium: 262.01mg (26.2%), Phosphorus: 260.2mg (26.02%), Vitamin B2: 0.35mg (20.6%), Vitamin B12: 0.89µg (14.76%), Vitamin A: 460.93IU (9.22%), Vitamin B5: 0.91mg (9.12%), Folate: 34.25µg (8.56%), Zinc: 1.25mg (8.36%), Vitamin D: 1.23µg (8.18%), Manganese: 0.12mg (6.17%), Vitamin B1: 0.09mg (5.85%), Iron: 0.98mg (5.46%), Vitamin E: 0.69mg (4.57%), Vitamin B6: 0.08mg (4.21%), Magnesium: 16.51mg (4.13%), Potassium: 128.4mg (3.67%), Fiber: 0.77g (3.08%), Copper: 0.05mg (2.65%), Vitamin B3: 0.49mg (2.47%)