



Get Up and Go Breakfast Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 oz processed cheese food
- 16.3 oz grands flaky refrigerator biscuits refrigerated buttermilk or southern style canned
- 4.5 oz canadian bacon thin
- 8 slices tomatoes thin

Equipment

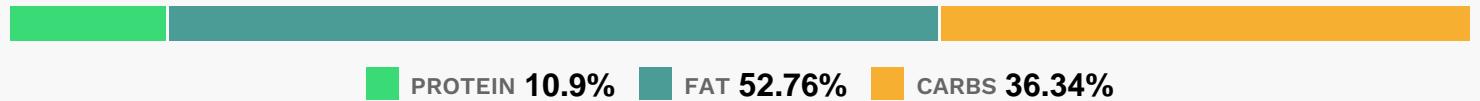
- oven
- plastic wrap
- ziploc bags

microwave

Directions

- Bake biscuits as directed on can. Cool completely, about 20 minutes.
- Split warm biscuits. Fill each with 1 slice Canadian bacon and 1 slice cheese cut to fit. Wrap sandwiches individually in microwavable plastic wrap.
- Place in large resealable freezer plastic bag; seal bag and freeze. For best quality, use within 3 months.
- To heat 1 frozen sandwich, loosen wrapping. Microwave on High 45 to 60 seconds or until thoroughly heated and cheese is melted.
- Let stand 30 to 60 seconds to cool slightly before serving.
- Add tomato slice to each sandwich.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:23.66, Inflammation Score:-5, Nutrition Score:11.25000010366%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 431.97kcal (21.6%), Fat: 25.31g (38.94%), Saturated Fat: 10.16g (63.5%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 38.14g (13.87%), Sugar: 13.83g (15.36%), Cholesterol: 36.32mg (12.11%), Sodium: 823.13mg (35.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Calcium: 307.74mg (30.77%), Phosphorus: 265.07mg (26.51%), Vitamin B1: 0.34mg (22.53%), Selenium: 13.29µg (18.99%), Vitamin B2: 0.28mg (16.49%), Vitamin B3: 3.07mg (15.35%), Manganese: 0.29mg (14.66%), Folate: 53.74µg (13.44%), Vitamin E: 1.82mg (12.1%), Iron: 2.08mg (11.56%), Vitamin A: 542.49IU (10.85%), Vitamin B12: 0.53µg (8.87%), Vitamin K: 9.22µg (8.78%), Zinc: 1.26mg (8.38%), Vitamin B6: 0.14mg (7.01%), Potassium: 207.1mg (5.92%), Magnesium: 21.14mg (5.28%), Vitamin C: 3.7mg (4.48%), Copper: 0.09mg (4.41%), Fiber: 1.07g (4.3%), Vitamin D: 0.62µg (4.11%), Vitamin B5: 0.4mg (3.96%)