



Grab-and-Go Breakfast Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 slice oscar mayer bacon cooked
- 0.3 cup cholesterol-free egg product
- 1 muffin split english toasted
- 1 singles kraft

Equipment

- frying pan

Directions

Cook egg product in skillet sprayed with cooking spray on medium heat 3 min. or until set, stirring occasionally.

Fill muffin halves with egg product, Singles and bacon.

Nutrition Facts

PROTEIN 19.52% **FAT 45.38%** **CARBS 35.1%**

Properties

Glycemic Index:7.5, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:0.99652173588781%

Nutrients (% of daily need)

Calories: 31.4kcal (1.57%), Fat: 1.55g (2.39%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.03g (0.03%), Cholesterol: 24.07mg (8.02%), Sodium: 50.94mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Selenium: 2.31µg (3.3%), Phosphorus: 23.7mg (2.37%), Vitamin B2: 0.04mg (2.27%), Vitamin B5: 0.13mg (1.31%), Vitamin B1: 0.02mg (1.25%), Folate: 4.96µg (1.24%), Vitamin B12: 0.07µg (1.12%), Manganese: 0.02mg (1.11%)