



Green Eggs and Ham Breakfast Sandwich

READY IN



45 min.

SERVINGS



5

CALORIES



661 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 pound bacon sliced
- 10 ounce biscuits refrigerated
- 4 to 2 chilies slit green seeded chopped
- 6 eggs
- 1 jalapeno seeded chopped
- 0.5 cup milk
- 1 cup monterrey jack cheese shredded
- 3 tablespoons olive oil
- 0.5 medium onion chopped

1 teaspoon pepper

1 teaspoon salt

Equipment

frying pan

whisk

Directions

Prepare biscuits according to the directions on the package.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.

Drain, and set aside.

Heat olive oil in a large skillet over medium heat.

Add onion, jalapeno, green chile, salt, and pepper. Fry, stirring, until onions are soft.

Whisk together the eggs and milk; pour into the skillet. Stir frequently until eggs are scrambled and cooked through.

Split biscuits in half.

Place some of the scrambled egg mixture on the bottom half, criss-cross two slices of bacon over the eggs, then top with shredded Monterey Jack cheese.

Place the other half of the biscuits on the top, and serve.

Nutrition Facts

 **PROTEIN 13.58%**  **FAT 66.04%**  **CARBS 20.38%**

Properties

Glycemic Index:44.2, Glycemic Load:18.18, Inflammation Score:-5, Nutrition Score:18.541304235873%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 660.73kcal (33.04%), Fat: 48.44g (74.53%), Saturated Fat: 15.04g (93.99%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 31.33g (11.39%), Sugar: 5.24g (5.82%), Cholesterol: 249.96mg (83.32%), Sodium: 1639.98mg (71.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Selenium: 39.81µg (56.88%), Phosphorus: 543.21mg (54.32%), Vitamin B2: 0.57mg (33.59%), Vitamin B1: 0.41mg (27.47%), Calcium: 263.24mg (26.32%), Vitamin B3: 3.86mg (19.32%), Vitamin E: 2.88mg (19.23%), Vitamin B12: 1.1µg (18.26%), Iron: 3.26mg (18.13%), Folate: 71.49µg (17.87%), Manganese: 0.31mg (15.73%), Zinc: 2.3mg (15.3%), Vitamin B6: 0.3mg (14.79%), Vitamin B5: 1.4mg (13.98%), Vitamin A: 548.95IU (10.98%), Vitamin D: 1.64µg (10.94%), Potassium: 373.09mg (10.66%), Vitamin C: 8.45mg (10.25%), Fiber: 2.29g (9.17%), Vitamin K: 9.39µg (8.95%), Magnesium: 32.66mg (8.17%), Copper: 0.12mg (6.14%)