



Ham and Cheese Breakfast Sandwich

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 ounce canadian bacon
- ☐ 3 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 4 large eggs
- ☐ 4 muffins whole-wheat split english toasted

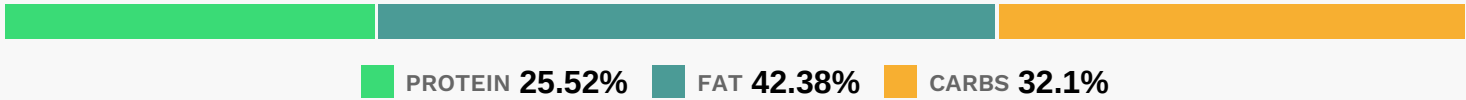
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add bacon; cook 2 minutes on each side or until lightly browned.
- ☐ Remove from pan; keep warm. Reduce heat to medium; recoat pan with cooking spray. Break eggs into hot pan; cook 1 minute on each side or until desired degree of doneness.
- ☐ Place muffin halves, cut sides up, on a baking sheet. Top with 1 bacon slice, 1 egg, and 1 tablespoon cheese.
- ☐ Sprinkle 2 tablespoons cheese over top half of each muffin. Broil 1 1/2 minutes or until bubbly.
- ☐ Place top halves of muffins over bottom halves.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:17.700869575791%

Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 14.17g (21.8%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 20.33g (7.39%), Sugar: 4.87g (5.41%), Cholesterol: 214.35mg (71.45%), Sodium: 545.67mg (23.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.39%), Selenium: 47.88µg (68.4%), Manganese: 1.04mg (51.98%), Phosphorus: 391.57mg (39.16%), Calcium: 330.51mg (33.05%), Vitamin B2: 0.43mg (25.09%), Vitamin B1: 0.3mg (20.24%), Zinc: 2.53mg (16.9%), Fiber: 3.82g (15.28%), Vitamin B3: 2.88mg (14.38%), Folate: 56.46µg (14.12%), Magnesium: 54.62mg (13.66%), Iron: 2.4mg (13.34%), Vitamin B5: 1.32mg (13.24%), Vitamin B12: 0.77µg (12.76%), Vitamin B6: 0.25mg (12.39%), Vitamin D: 1.52µg (10.16%), Vitamin A: 485.9IU (9.72%), Copper: 0.17mg (8.51%), Potassium: 253.83mg (7.25%), Vitamin E: 0.95mg (6.32%), Vitamin K: 1.23µg (1.17%)