



Ham and Cheese Breakfast Sandwich with Mango Chutney

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 ounce canadian bacon (such as Lightlife)
- ☐ 4 large eggs
- ☐ 8 teaspoons mango chutney
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 4 whole-grain muffins split english toasted

Equipment

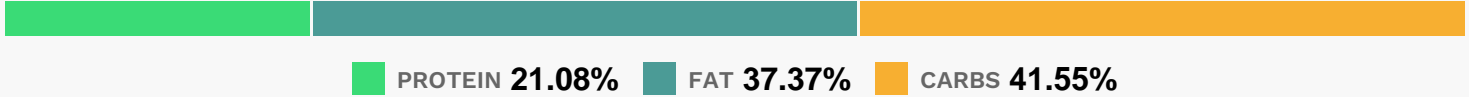
- ☐ frying pan

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add ham; 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.
- ☐ Spread 2 teaspoons chutney over bottom half of each muffin; top with 2 ham slices, 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 the bottom halves.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:5.36, Inflammation Score:-5, Nutrition Score:16.870869683183%

Nutrients (% of daily need)

Calories: 318.44kcal (15.92%), Fat: 13.44g (20.67%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 29.64g (10.78%), Sugar: 11.66g (12.95%), Cholesterol: 209.03mg (69.68%), Sodium: 454.05mg (19.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Selenium: 45.5µg (65.01%), Manganese: 1.04mg (52.14%), Phosphorus: 368.39mg (36.84%), Calcium: 332.46mg (33.25%), Vitamin B2: 0.42mg (24.64%), Zinc: 2.39mg (15.97%), Fiber: 3.97g (15.89%), Vitamin B1: 0.23mg (15.07%), Folate: 57.58µg (14.39%), Magnesium: 53.37mg (13.34%), Iron: 2.4mg (13.32%), Vitamin B5: 1.27mg (12.72%), Vitamin B12: 0.69µg (11.57%), Vitamin B3: 2.22mg (11.09%), Vitamin B6: 0.21mg (10.46%), Vitamin A: 485.9IU (9.72%), Copper: 0.18mg (8.97%), Vitamin D: 1.23µg (8.18%), Potassium: 228.04mg (6.52%), Vitamin E: 0.94mg (6.28%), Vitamin C: 1.23mg (1.49%), Vitamin K: 1.23µg (1.17%)