

health-score72%

HEALTH SCORE

Healthy Breakfast Sandwich

 Dairy Free  Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 large beefsteak tomatoes sliced into 1/ slices
- ☐ 2 inch round canadian bacon
- ☐ 0.3 cup chives minced
- ☐ 4 eggs and egg whites
- ☐ 4 muffins whole-wheat english
- ☐ 0.3 cup parsley minced

Equipment

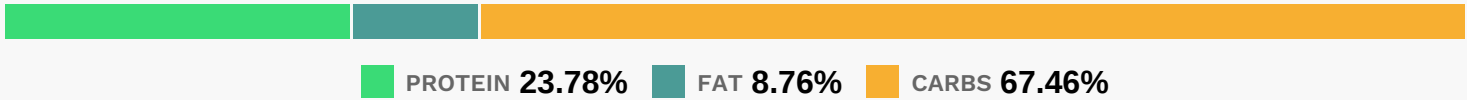
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Crack eggs and egg whites into a bowl and whisk.
- ☐ Add chives and parsley and stir to incorporate. Spray a large nonstick skillet with cooking spray. Ladle 1/4 egg mixture into skillet and cook, omelet style, until eggs are cooked through, about 1 to 2 minutes per side. Slide omelet onto a plate and repeat with remaining eggs; cover with foil to keep warm. In same skillet, heat Canadian bacon until warm, about 1 to 2 minutes per side. Toast English muffin. Fold omelet in to fit English muffin, then place omelet on 1 muffin half. Top with a bacon slice, then tomato, then top with other muffin half.
- ☐ Excellent source of: Protein, Fiber, Vitamin A, Thiamin, Riboflavin, Niacin, Vitamin C, Vitamin K, Calcium, Manganese, Phosphorus, Selenium
- ☐ Good source of: Vitamin B6, Folate, Copper, Iodine, Iron, Magnesium, Potassium, Zinc

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:17.285652307713%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 150.7kcal (7.54%), Fat: 1.55g (2.39%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 21.9g (7.96%), Sugar: 7.14g (7.93%), Cholesterol: 0.63mg (0.21%), Sodium: 275.19mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin K: 74.11µg (70.58%), Manganese: 1.14mg

(56.81%), Selenium: 29.31µg (41.88%), Vitamin A: 1135.63IU (22.71%), Vitamin C: 18.08mg (21.92%), Fiber: 5.03g (20.1%), Phosphorus: 192.35mg (19.24%), Calcium: 169.23mg (16.92%), Vitamin B1: 0.22mg (14.56%), Magnesium: 56.26mg (14.07%), Vitamin B2: 0.24mg (13.9%), Vitamin B3: 2.62mg (13.12%), Folate: 50.26µg (12.56%), Potassium: 402.59mg (11.5%), Iron: 1.93mg (10.73%), Copper: 0.19mg (9.4%), Vitamin B6: 0.17mg (8.71%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.56mg (5.59%), Vitamin E: 0.73mg (4.86%)