

Hearty English Muffins

READY IN



20 min.

SERVINGS



2

CALORIES



590 kcal

Ingredients

- 4 bacon
- 0.5 teaspoon chives minced
- 5 eggs lightly beaten
- 2 muffins split english toasted
- 2 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

Equipment

- bowl
- frying pan

whisk

Directions

- In a large bowl, whisk the eggs, cheese, chives, salt and pepper.
- Pour into a nonstick skillet; cook and stir over medium heat until eggs are completely set.
- Meanwhile, cut bacon strips in half widthwise; cook until crisp.
- Place two bacon pieces on each English muffin half; top with eggs.

Nutrition Facts

PROTEIN 20.9% **FAT 59.66%** **CARBS 19.44%**

Properties

Glycemic Index:73.5, Glycemic Load:18.7, Inflammation Score:-5, Nutrition Score:19.274348103482%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 590.07kcal (29.5%), Fat: 38.56g (59.32%), Saturated Fat: 14.87g (92.91%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 26.73g (9.72%), Sugar: 0.5g (0.56%), Cholesterol: 466.49mg (155.5%), Sodium: 1090.51mg (47.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Selenium: 50.61µg (72.3%), Phosphorus: 486.5mg (48.65%), Vitamin B2: 0.75mg (44.18%), Calcium: 293.52mg (29.35%), Vitamin B12: 1.52µg (25.35%), Vitamin B5: 2.3mg (23.02%), Zinc: 3.38mg (22.51%), Folate: 78.99µg (19.75%), Vitamin B1: 0.28mg (18.47%), Vitamin A: 904.23IU (18.08%), Vitamin B6: 0.35mg (17.42%), Vitamin D: 2.55µg (16.97%), Iron: 2.66mg (14.8%), Vitamin B3: 2.76mg (13.81%), Manganese: 0.24mg (12.17%), Vitamin E: 1.56mg (10.38%), Potassium: 336.12mg (9.6%), Magnesium: 38.19mg (9.55%), Copper: 0.18mg (9.05%), Fiber: 1.55g (6.18%), Vitamin K: 1.54µg (1.47%)