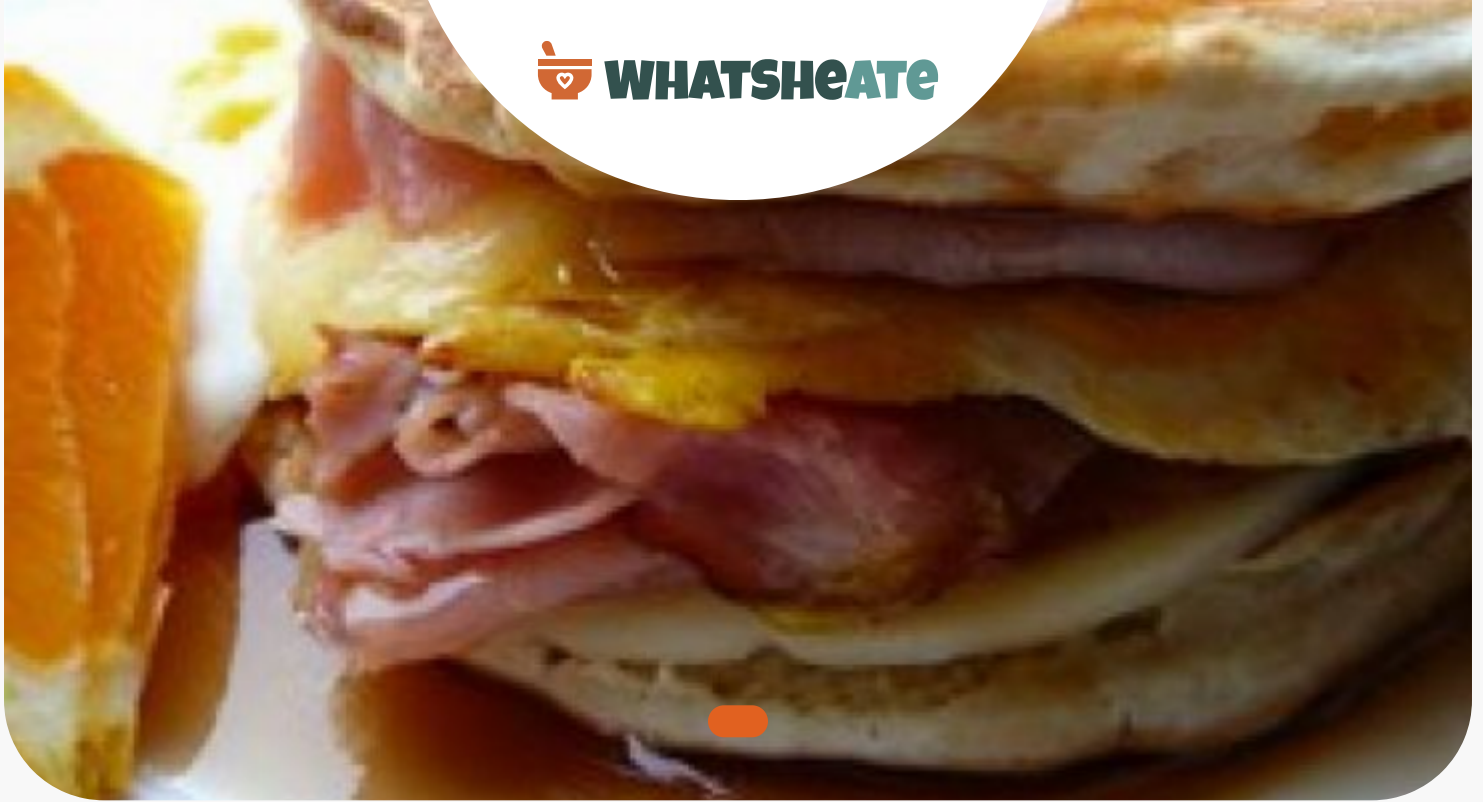




WHATSheATE



Leftover Pancake Breakfast Sandwich



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 buttermilk pancakes leftover
- ☐ 1 slice cheddar cheese
- ☐ 1 eggs
- ☐ 1 slice ham
- ☐ 2 tablespoons maple syrup

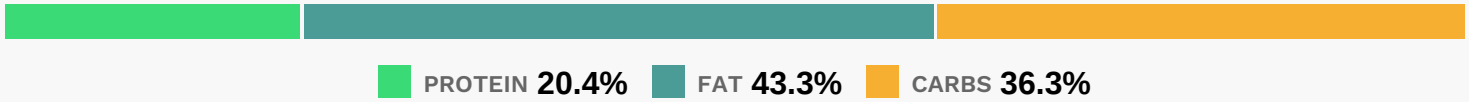
Equipment

- ☐ frying pan
- ☐ toaster

Directions

- ☐ Heat frying pan over medium heat and lightly spray with cooking spray. Crack the egg into the pan and break the yolk. Cook the egg to desired firmness. Warm sliced ham in the pan while assembling sandwich.
- ☐ Toast pancakes in toaster and place one pancake on plate.
- ☐ Place egg on top of pancake.
- ☐ Pour 1 tablespoon of maple syrup over egg, place the cheese on top of egg, and a slice of warmed ham on top of the cheese. Top the sandwich with the second pancake and pour another 1 tablespoon of maple syrup over the top of the sandwich.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:9.98, Inflammation Score:-2, Nutrition Score:12.62695661835%

Nutrients (% of daily need)

Calories: 309.56kcal (15.48%), Fat: 14.73g (22.66%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 27.78g (10.1%), Sugar: 24.28g (26.98%), Cholesterol: 198.26mg (66.09%), Sodium: 511.72mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.22%), Vitamin B2: 0.85mg (49.96%), Manganese: 0.94mg (46.9%), Selenium: 24.75µg (35.36%), Phosphorus: 226.6mg (22.66%), Calcium: 192.69mg (19.27%), Vitamin B1: 0.22mg (14.54%), Zinc: 2.13mg (14.19%), Vitamin B12: 0.76µg (12.67%), Vitamin B6: 0.19mg (9.68%), Vitamin B5: 0.88mg (8.8%), Vitamin A: 411.24IU (8.22%), Vitamin D: 1.2µg (8.03%), Potassium: 246.59mg (7.05%), Vitamin B3: 1.33mg (6.63%), Folate: 25.19µg (6.3%), Iron: 1.09mg (6.03%), Magnesium: 23.79mg (5.95%), Vitamin E: 0.69mg (4.61%), Copper: 0.06mg (3.05%)