



Leftover Turkey Breakfast Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 muffins english
- ☐ 1 Dash kosher salt
- ☐ 0.8 ounce sharp cheddar cheese shredded reduced-fat
- ☐ 2 cups pkt spinach chopped
- ☐ 1.5 ounces turkey breast boneless skinless sliced

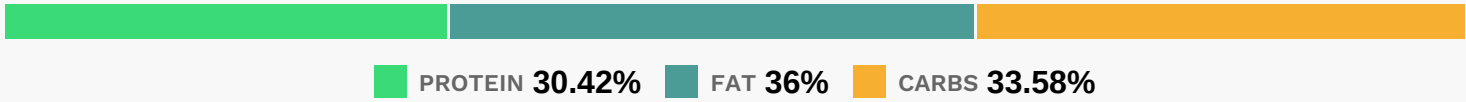
Equipment

- ☐ panini press

Directions

- ☐ Heat sandwich maker according to manufacturer's instructions.
- ☐ Place bottom half of English muffin on bottom plate of sandwich maker; top with cheddar cheese and turkey. Move top ring and egg cooking plate down.
- ☐ Pour egg onto cooking plate; sprinkle with a dash of kosher salt. Top with spinach and top half of English muffin. Close sandwich maker, and cook 5 minutes. Slide egg cooking plate out. Carefully place sandwich on a plate.
- ☐ Let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:18.93, Inflammation Score:-10, Nutrition Score:28.884782542353%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 348.95kcal (17.45%), Fat: 13.95g (21.46%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 26.42g (9.61%), Sugar: 0.53g (0.59%), Cholesterol: 230.23mg (76.74%), Sodium: 648.29mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Vitamin K: 290.46µg (276.63%), Vitamin A: 6117.75IU (122.36%), Selenium: 31.62µg (45.17%), Folate: 168.43µg (42.11%), Phosphorus: 401.95mg (40.19%), Manganese: 0.76mg (38.04%), Vitamin B2: 0.59mg (34.42%), Vitamin B6: 0.57mg (28.54%), Vitamin B3: 5.6mg (27.98%), Calcium: 273.34mg (27.33%), Vitamin C: 16.92mg (20.51%), Magnesium: 81.74mg (20.44%), Iron: 3.27mg (18.18%), Zinc: 2.7mg (17.97%), Potassium: 597.76mg (17.08%), Vitamin B12: 0.96µg (16.02%), Vitamin B5: 1.48mg (14.77%), Vitamin E: 1.93mg (12.85%), Vitamin B1: 0.19mg (12.68%), Fiber: 2.86g (11.44%), Copper: 0.22mg (10.83%), Vitamin D: 1.17µg (7.8%)