



## MIRACLE WHIP Bacon & "Egg-Wich

READY IN



10 min.

SERVINGS



1

CALORIES



397 kcal

### Ingredients

- 5 pieces arugula
- 2 slices oscar mayer bacon cooked
- 2 slices country bread white toasted
- 1 eggs
- 1 Tbsp miracle whip dressing
- 1 tsp sriracha sauce hot ( chili sauce)

### Equipment

- frying pan

## Directions

- Cook egg in skillet sprayed with cooking spray 3 min. on each side or until white is completely set and yolk is cooked to desired doneness.
- Meanwhile, mix dressing and Sriracha sauce until blended.
- Spread 1 toast slice with dressing mixture; top with egg, bacon and arugula. Cover with remaining toast slice.

## Nutrition Facts

**PROTEIN 16.31%** **FAT 54.9%** **CARBS 28.79%**

## Properties

Glycemic Index:106.78, Glycemic Load:17.57, Inflammation Score:-4, Nutrition Score:13.326956500178%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 396.62kcal (19.83%), Fat: 23.93g (36.81%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 26.68g (9.7%), Sugar: 4.64g (5.16%), Cholesterol: 194.16mg (64.72%), Sodium: 846.55mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (31.99%), Selenium: 33.97µg (48.52%), Vitamin B1: 0.4mg (26.43%), Vitamin B2: 0.37mg (21.47%), Phosphorus: 210.91mg (21.09%), Vitamin B3: 4.21mg (21.05%), Folate: 81.32µg (20.33%), Manganese: 0.33mg (16.58%), Iron: 2.75mg (15.25%), Calcium: 141.68mg (14.17%), Vitamin B6: 0.25mg (12.45%), Vitamin B5: 1.21mg (12.14%), Zinc: 1.56mg (10.37%), Vitamin B12: 0.61µg (10.19%), Vitamin A: 391.85IU (7.84%), Vitamin D: 1.06µg (7.04%), Potassium: 239.54mg (6.84%), Magnesium: 26.65mg (6.66%), Fiber: 1.55g (6.19%), Copper: 0.12mg (5.87%), Vitamin K: 5.8µg (5.52%), Vitamin E: 0.79mg (5.26%), Vitamin C: 4.34mg (5.26%)