



Morning BLT

READY IN



10 min.

SERVINGS



10

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 leaves baby salad greens
- 0.5 cup cholesterol-free egg product
- 2 milk singles 2% kraft
- 2 multi-grain sandwich buns toasted thin
- 2 slices tomatoes
- 2 slices oscar mayer turkey bacon cooked cut in half

Equipment

- frying pan

Directions

- Cook egg product in nonstick skillet on medium heat 3 min. or until set, stirring occasionally.
- Fill buns with 2% Milk Singles, eggs and remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.8730434593947%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 62.58kcal (3.13%), Fat: 2.44g (3.76%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 6.08g (2.21%), Sugar: 0.4g (0.44%), Cholesterol: 47.96mg (15.99%), Sodium: 143.66mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Selenium: 8.92µg (12.74%), Vitamin B2: 0.1mg (6%), Phosphorus: 49.9mg (4.99%), Folate: 17.69µg (4.42%), Vitamin B1: 0.06mg (4.21%), Iron: 0.66mg (3.68%), Manganese: 0.06mg (3.12%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.24mg (2.39%), Vitamin A: 113.07IU (2.26%), Vitamin B12: 0.12µg (1.99%), Vitamin B6: 0.04mg (1.91%), Calcium: 18.69mg (1.87%), Copper: 0.03mg (1.74%), Vitamin D: 0.25µg (1.69%), Vitamin E: 0.23mg (1.56%), Potassium: 53.56mg (1.53%), Magnesium: 5.99mg (1.5%), Fiber: 0.33g (1.31%)