



 5%
HEALTH SCORE

Muffin Morning Makers

READY IN



20 min.

SERVINGS



6

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 12 ounce muffins english
- 0.3 cup spring onion chopped
- 6 ounces diestel breakfast sausage
- 1 cup cheddar cheese shredded
- 2.5 tablespoons vegetable oil

Equipment

- bowl

- frying pan
- paper towels
- oven
- plastic wrap
- microwave
- toaster

Directions

- Split the muffins open with a fork and toast them in a toaster oven.
- In a large bowl scramble the eggs, green onions and cheddar cheese together.
- Heat vegetable oil in a skillet, pour the egg mixture into the skillet and let it fry in one layer as you would an omelet. When the egg is cooked on the underside, flip the egg over and cook the wet side; remove from heat when cooked through.
- At the same time that the eggs are frying, form the sausage into small patties.
- Place the sausage in another skillet. Fry until browned, remove from pan and drain on paper towels.
- Make the muffin sandwiches by layering a piece of sausage and a piece of the fried egg between the two muffin pieces. If you intend to freeze the sandwiches, let each part of the sandwich cool before make the sandwiches, then wrap them in plastic wrap and freeze. Reheat in the microwave.

Nutrition Facts



PROTEIN 18.35% **FAT 54.92%** **CARBS 26.73%**

Properties

Glycemic Index:27, Glycemic Load:18.6, Inflammation Score:-4, Nutrition Score:12.250434802926%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 410.61kcal (20.53%), Fat: 24.8g (38.16%), Saturated Fat: 8.5g (53.12%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 25.52g (9.28%), Sugar: 0.32g (0.36%), Cholesterol: 202.93mg (67.64%), Sodium: 629.7mg (27.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Phosphorus: 288.6mg (28.86%), Selenium: 18.86µg (26.95%), Vitamin B2: 0.41mg (24.08%), Calcium: 192.83mg (19.28%), Vitamin K: 19.74µg (18.8%), Zinc: 2.29mg (15.25%), Vitamin B12: 0.85µg (14.25%), Vitamin B1: 0.21mg (13.73%), Folate: 48.56µg (12.14%), Vitamin B5: 1.2mg (11.99%), Vitamin B3: 2.29mg (11.43%), Manganese: 0.22mg (11.24%), Vitamin B6: 0.2mg (10.07%), Vitamin A: 489.11IU (9.78%), Iron: 1.68mg (9.35%), Vitamin D: 1.36µg (9.08%), Vitamin E: 1.14mg (7.62%), Magnesium: 27.07mg (6.77%), Copper: 0.13mg (6.66%), Potassium: 231.3mg (6.61%), Fiber: 1.64g (6.56%), Vitamin C: 1.04mg (1.26%)