



Multigrain Toasts with Scrambled Eggs and Canadian Bacon

READY IN



20 min.

SERVINGS



6

CALORIES



364 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 oz canadian bacon sliced chopped
- ☐ 9 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 6 slices bread
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons cream sour
- ☐ 7 tablespoons butter unsalted

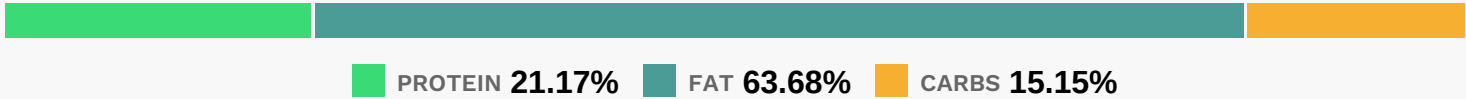
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Melt 6 tablespoons butter, then brush onto both sides of bread. Using a 2 1/2-inch round cookie cutter or rim of a glass, cut out 1 round from center of each bread slice. Arrange bread slices (and cutout rounds) on a large baking sheet and toast in oven, without turning over, until golden, about 8 minutes.
- ☐ Transfer each toast (with round) to a plate.
- ☐ While bread toasts, lightly whisk together eggs, salt, and pepper in a bowl. Cook bacon in remaining tablespoon butter in a 12-inch nonstick skillet over moderately high heat, stirring occasionally, until lightly browned, 1 to 2 minutes.
- ☐ Add eggs and cook, undisturbed, until they begin to set around edge, about 1 minute, then cook, stirring occasionally with a spatula, until just set, about 1 minute more. Divide among toast holes and top with sour cream and chives.

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:7.26, Inflammation Score:-5, Nutrition Score:15.640434775663%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 364.26kcal (18.21%), Fat: 25.69g (39.52%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 12.02g (4.37%), Sugar: 1.95g (2.17%), Cholesterol: 335.37mg (111.79%), Sodium: 591.24mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Selenium: 37.96µg (54.22%), Manganese: 0.64mg (32.1%), Phosphorus: 290.5mg (29.05%), Vitamin B2: 0.47mg (27.35%), Vitamin B1: 0.36mg (23.76%), Vitamin A: 932.76IU (18.66%), Vitamin D: 2.54µg (16.93%), Vitamin B5: 1.55mg (15.52%), Vitamin B3: 3.09mg (15.44%), Vitamin B6: 0.31mg (15.28%), Vitamin B12: 0.91µg (15.17%), Zinc: 1.92mg (12.77%), Folate: 50.42µg (12.6%), Iron: 2.26mg (12.55%), Calcium: 107.3mg (10.73%), Vitamin E: 1.43mg (9.5%), Magnesium: 37.47mg (9.37%), Potassium: 294.03mg (8.4%), Fiber: 1.73g (6.9%), Copper: 0.14mg (6.88%), Vitamin K: 6µg (5.71%)