



Over-Easy Cheesy BLT

READY IN



20 min.

SERVINGS



1

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon
- 1 piece bread baguette split french (4 inch)
- 1 slice colby jack and mild cheddar from colby jack and mild cheddar combo pack cheese kraft
- 1 eggs
- 1 romaine leaves
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 slices tomatoes

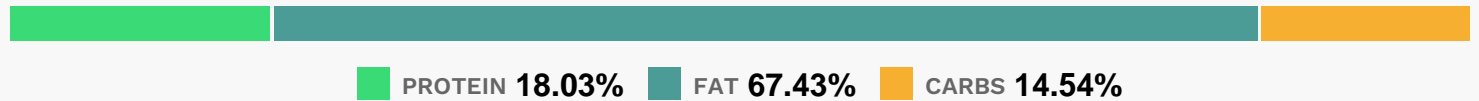
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in nonstick skillet until crisp; remove from skillet, reserving 1 tsp. drippings in skillet.
- Drain bacon on paper towels.
- Add egg to drippings in skillet; cook on medium heat 3 to 4 min. or until white is set and yolk is cooked to desired doneness, turning after 2 min.
- Remove from heat. Break bacon slices in half. Top egg with 2 bacon pieces and cheese.
- Spread cut sides of bread with mayo; fill with lettuce, tomatoes, remaining bacon pieces and egg.

Nutrition Facts



Properties

Glycemic Index:96.67, Glycemic Load:7.17, Inflammation Score:-8, Nutrition Score:16.550000045611%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 470.72kcal (23.54%), Fat: 35.02g (53.87%), Saturated Fat: 13.56g (84.76%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 15.61g (5.67%), Sugar: 2.7g (3%), Cholesterol: 221.56mg (73.85%), Sodium: 777.92mg (33.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.13%), Selenium: 34.98µg (49.98%), Vitamin A: 2336.18IU (46.72%), Phosphorus: 324.1mg (32.41%), Calcium: 263.32mg (26.33%), Vitamin B2: 0.44mg (25.69%), Manganese: 0.43mg (21.48%), Vitamin B1: 0.28mg (18.95%), Vitamin B3: 3.5mg (17.52%), Zinc: 2.3mg (15.33%), Folate: 59.5µg (14.88%), Vitamin B12: 0.84µg (14.07%), Vitamin B6: 0.27mg (13.55%), Iron: 2.41mg (13.4%), Vitamin B5: 1.22mg (12.17%), Vitamin K: 9.94µg (9.46%), Magnesium: 32.94mg (8.24%), Vitamin D: 1.22µg (8.16%), Potassium: 278.52mg (7.96%), Vitamin E: 1.17mg (7.81%), Vitamin C: 4.65mg (5.64%), Fiber: 1.38g (5.54%), Copper: 0.11mg (5.36%)