



## Panwiches (Pancake Sandwiches)

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon butter
- 6 slices canadian bacon
- 2 eggs
- 1 oz cheddar cheese shredded reduced-fat
- 2 cups pancake mix (from 28.3-oz box)
- 1.3 cups water cold
- 2 teaspoons water

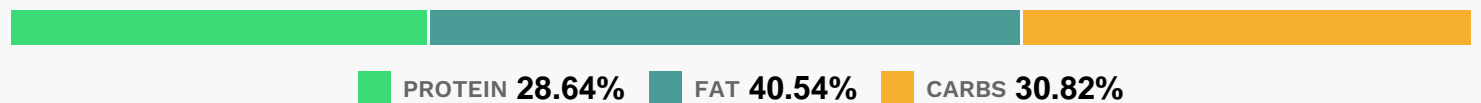
### Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk

## Directions

- Heat oven to 200F. Line cookie sheet with paper towels. Make pancakes as directed on box, using 2 cups pancake mix and 1 1/3 cups water.
- Place cooked pancakes on cookie sheet; keep warm in oven.
- Heat bacon as directed on package. Meanwhile, in small bowl, beat eggs and water with fork or wire whisk.
- In 8-inch nonstick skillet, heat butter over medium heat.
- Pour egg mixture into skillet; cook until top is almost set. Gently lift edges to allow uncooked egg to flow underneath; continue to cook until set. Top with cheese.
- Remove from heat.
- Cut into 4 wedges.
- To assemble each panwich, top 1 pancake with egg wedge, bacon slice and another pancake.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.062608711421%

## Nutrients (% of daily need)

Calories: 261.53kcal (13.08%), Fat: 11.58g (17.81%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.57g (6.75%), Sugar: 0.12g (0.13%), Cholesterol: 150.85mg (50.28%), Sodium: 805.18mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.81%), Phosphorus: 385.48mg (38.55%), Selenium: 24.84µg (35.48%), Vitamin B1: 0.46mg (30.77%), Vitamin B2: 0.39mg (23.08%), Calcium: 187.72mg (18.77%), Vitamin B3: 3.48mg (17.42%), Vitamin B6: 0.28mg (13.78%), Vitamin B12: 0.74µg (12.32%), Vitamin D: 1.64µg

(10.96%), Zinc: 1.5mg (10.02%), Folate: 36.24µg (9.06%), Vitamin B5: 0.9mg (9.02%), Potassium: 311.97mg (8.91%), Iron: 1.55mg (8.61%), Vitamin A: 340.68IU (6.81%), Magnesium: 26.19mg (6.55%), Manganese: 0.11mg (5.37%), Fiber: 1.24g (4.94%), Copper: 0.08mg (4.01%), Vitamin E: 0.36mg (2.43%)