Panwiches (Pancake Sandwiches)

🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
20 min.	**4**	**120 kcal**

(MORNING MEAL) (BRUNCH) (BREAKFAST)

Ingredients

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

Equipment

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

Directions

- [ ] Heat oven to 200°F. 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

PROTEIN 45.74%   **FAT 50.75%**   **CARBS 3.51%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:7.0973912701011%

Nutrients (% of daily need)

Calories: 119.83kcal (5.99%), Fat: 6.57g (10.11%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.12g (0.13%), Cholesterol: 104.7mg (34.9%), Sodium: 11123.39mg (483.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.67%), Selenium: 18.47µg (26.38%), Vitamin B1: 0.33mg (22.06%), Phosphorus: 182.03mg (18.2%), Vitamin B3: 2.68mg (13.42%), Vitamin B2: 0.19mg (11.19%), Vitamin D: 1.64µg (10.96%), Vitamin B6: 0.21mg (10.37%), Vitamin B12: 0.52µg (8.64%), Zinc: 1.02mg (6.77%),

Vitamin B5: 0.57mg (5.74%), Potassium: 182.62mg (5.22%), Calcium: 47.97mg (4.8%), Iron: 0.71mg (3.92%), Vitamin A: 178.18IU (3.56%), Folate: 12.84µg (3.21%), Magnesium: 11.89mg (2.97%), Copper: 0.05mg (2.48%), Vitamin E: 0.36mg (2.43%)