



Peameal Bacon Breakfast Sandwich with Maple Caramelized Onions and a Fried Egg



Dairy Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 slices strips of bacon
- ☐ 2 slices bread lightly toasted
- ☐ 2 tablespoons maple caramelized onions
- ☐ 1 eggs
- ☐ 1 tablespoon grainy mustard
- ☐ 1 teaspoon maple syrup

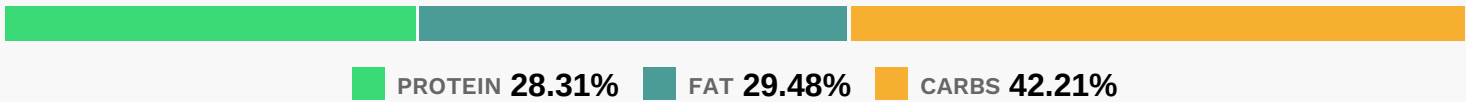
Equipment

☐ frying pan

Directions

- ☐ Fry the peameal bacon until cooked and set aside.Fry the egg in the pan.
- ☐ Mix the mustard and maple syrup.Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:154.17, Glycemic Load:16.68, Inflammation Score:-5, Nutrition Score:19.863478214844%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 345.9kcal (17.29%), Fat: 11.23g (17.28%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 32.79g (11.92%), Sugar: 9.05g (10.06%), Cholesterol: 192.18mg (64.06%), Sodium: 1009.47mg (43.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Selenium: 49.14µg (70.19%), Vitamin B1: 0.72mg (48.17%), Manganese: 0.96mg (47.76%), Vitamin B3: 6.84mg (34.2%), Phosphorus: 322.77mg (32.28%), Vitamin B2: 0.55mg (32.18%), Vitamin B6: 0.41mg (20.28%), Iron: 3.48mg (19.35%), Folate: 77.31µg (19.33%), Vitamin D: 2.48µg (16.51%), Vitamin B5: 1.51mg (15.12%), Zinc: 2.14mg (14.26%), Fiber: 3.39g (13.58%), Vitamin B12: 0.77µg (12.89%), Magnesium: 49.6mg (12.4%), Calcium: 123.18mg (12.32%), Potassium: 417.81mg (11.94%), Copper: 0.16mg (8.15%), Vitamin A: 249.97IU (5%), Vitamin E: 0.75mg (4.98%), Vitamin K: 3.22µg (3.07%), Vitamin C: 2.39mg (2.9%)