



Pepperjack Breakfast Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 cup cholesterol-free egg product
- 2 muffins split english toasted
- 1 Tbsp milk fat-free
- 1 Tbsp green onion sliced
- 2 milk pepperjack singles 2% kraft
- 1 Tbsp taco bellâ® & chunky salsa thick

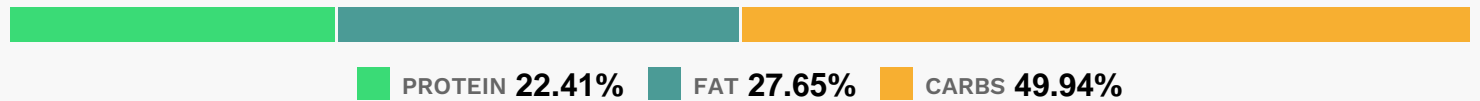
Equipment

- frying pan

Directions

- Mix egg product, milk and onion.
- Add to small nonstick skillet sprayed with cooking spray. Cook on medium heat 1 to 2 minutes or until set, stirring frequently.
- Spoon egg product mixture evenly onto 2 of the muffin halves.
- Top each with 1-1/2 tsp. salsa and one 2% Milk Singles. Cover with remaining muffin halves.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:1.9091303944588%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 45.51kcal (2.28%), Fat: 1.37g (2.11%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.22g (1.9%), Sugar: 0.21g (0.24%), Cholesterol: 45.27mg (15.09%), Sodium: 82.74mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Selenium: 3.78µg (5.41%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 41.82mg (4.18%), Folate: 10.41µg (2.6%), Vitamin B5: 0.25mg (2.47%), Manganese: 0.05mg (2.36%), Vitamin B12: 0.12µg (2.04%), Iron: 0.33mg (1.84%), Vitamin B1: 0.03mg (1.83%), Vitamin D: 0.26µg (1.74%), Zinc: 0.25mg (1.67%), Vitamin A: 83.62IU (1.67%), Calcium: 15.89mg (1.59%), Vitamin B6: 0.03mg (1.5%), Fiber: 0.36g (1.42%), Vitamin K: 1.35µg (1.29%), Copper: 0.03mg (1.26%), Potassium: 40.81mg (1.17%), Magnesium: 4.45mg (1.11%), Vitamin B3: 0.21mg (1.06%), Vitamin E: 0.15mg (1.02%)