



Quick Egg Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 slices oscar mayer bacon fully cooked
- 1 eggs
- 1 muffin split english
- 1 singles kraft

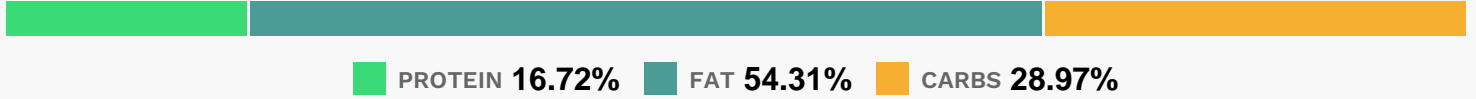
Equipment

- microwave

Directions

- Place 1 muffin half on microwaveable plate; top with egg. Pierce yolk with fork. Microwave on HIGH 40 sec.
- Fold bacon slices in half; place over egg. Cover with Singles and remaining muffin half.
- Microwave on HIGH 30 sec. or until egg white is completely set and yolk is thickened around edge.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:18.51, Inflammation Score:-2, Nutrition Score:9.7808694505821%

Nutrients (% of daily need)

Calories: 381.83kcal (19.09%), Fat: 22.68g (34.9%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.68g (9.34%), Sugar: 0.23g (0.26%), Cholesterol: 192.88mg (64.29%), Sodium: 631.22mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.43%), Selenium: 22.35µg (31.93%), Phosphorus: 235.52mg (23.55%), Vitamin B2: 0.33mg (19.25%), Vitamin B1: 0.24mg (16.15%), Vitamin B3: 2.7mg (13.48%), Vitamin B5: 1.17mg (11.73%), Manganese: 0.22mg (11.03%), Vitamin B6: 0.22mg (10.82%), Vitamin B12: 0.63µg (10.57%), Folate: 41.77µg (10.44%), Zinc: 1.51mg (10.07%), Iron: 1.46mg (8.1%), Vitamin D: 1.06µg (7.04%), Potassium: 224.87mg (6.42%), Calcium: 63.6mg (6.36%), Copper: 0.12mg (6.18%), Fiber: 1.54g (6.16%), Magnesium: 22.53mg (5.63%), Vitamin A: 275.54IU (5.51%), Vitamin E: 0.65mg (4.34%)