



## Quick Morning Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tsp butter
- 1 eggs
- 1 muffin split english toasted
- 1 singles kraft
- 0.1 tsp pepper
- 2 slices oscar mayer center cut bacon cooked
- 2 tsp water

## Equipment

frying pan

whisk

## Directions

Beat egg and water with whisk until well blended. Melt butter in small skillet on medium heat.

Add egg mixture; cook 3 min. or until set, stirring occasionally. Season with pepper.

Fill muffin halves with egg, Singles and bacon.

## Nutrition Facts

**PROTEIN 13.8%** **FAT 66.37%** **CARBS 19.83%**

## Properties

Glycemic Index:10.7, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:1.2082608626427%

## Nutrients (% of daily need)

Calories: 56.68kcal (2.83%), Fat: 4.14g (6.36%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.02g (0.03%), Cholesterol: 21.14mg (7.05%), Sodium: 90.58mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Selenium: 2.8µg (4%), Phosphorus: 27.84mg (2.78%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.38mg (1.91%), Vitamin B6: 0.03mg (1.46%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.08µg (1.31%), Manganese: 0.03mg (1.28%), Vitamin A: 62.35IU (1.25%), Zinc: 0.18mg (1.23%), Folate: 4.19µg (1.05%)