



Rise-and-Shine Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 ounce processed cheese food reduced-fat
- ☐ 1 cup egg substitute
- ☐ 4 muffins whole-wheat split english toasted
- ☐ 4 ounce turkey ham
- ☐ 2 teaspoons butter divided reduced-calorie

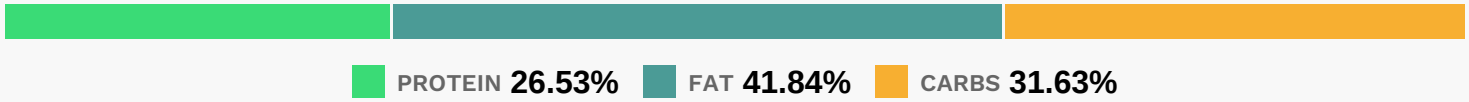
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 teaspoon margarine in a large nonstick skillet over medium heat.
- ☐ Add turkey ham, and cook 1 minute on each side or until lightly browned.
- ☐ Remove from skillet; set aside, and keep warm.
- ☐ Melt remaining 1 teaspoon margarine in skillet over medium heat.
- ☐ Add egg substitute; cook 45 seconds or until set, stirring occasionally.
- ☐ Place 1 cheese slice on each of 4 muffin halves. Divide egg substitute mixture evenly among sandwiches, and top with turkey ham and remaining muffin halves.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:19.6356522415%

Nutrients (% of daily need)

Calories: 310.26kcal (15.51%), Fat: 14.72g (22.65%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 21.22g (7.72%), Sugar: 6.29g (6.99%), Cholesterol: 38.84mg (12.95%), Sodium: 1042.25mg (45.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.02%), Selenium: 58.48µg (83.54%), Manganese: 1.04mg (51.83%), Calcium: 419.77mg (41.98%), Phosphorus: 401.47mg (40.15%), Vitamin B1: 0.42mg (27.79%), Vitamin B2: 0.42mg (24.98%), Zinc: 2.69mg (17.91%), Vitamin B3: 3.31mg (16.55%), Iron: 2.97mg (16.47%), Vitamin B5: 1.61mg (16.09%), Fiber: 3.82g (15.28%), Magnesium: 60.46mg (15.11%), Vitamin B6: 0.29mg (14.61%), Vitamin B12: 0.71µg (11.78%), Vitamin E: 1.54mg (10.25%), Potassium: 357.7mg (10.22%), Folate: 40.11µg (10.03%), Vitamin D: 1.29µg (8.57%), Vitamin A: 428.2IU (8.56%), Copper: 0.17mg (8.37%), Vitamin K: 1.24µg (1.18%)