



Scrambled Egg and Cheese Melts

READY IN



20 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 baguette sliced in half lengthwise cut into four pieces, each piece
- ☐ 8 large eggs
- ☐ 0.5 cup half-and-half
- ☐ 0.5 teaspoon salt
- ☐ 4 scallions light white green thinly sliced
- ☐ 0.5 cup cheddar shredded

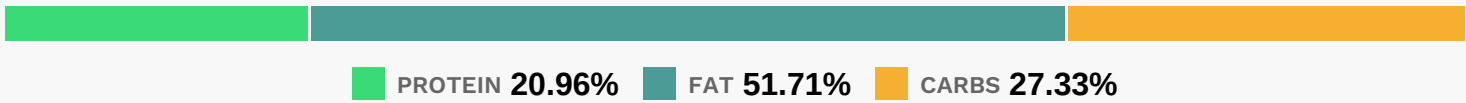
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler to high.
- ☐ Place baguette halves, cut sides up, on a large, rimmed baking sheet.
- ☐ Whisk together eggs, half-and-half and salt in a large bowl.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Let bacon cool; crumble.
- ☐ Drain off all but 1 Tbsp. fat.
- ☐ Add egg mixture to skillet and cook, pushing and turning eggs with a big, flexible spatula so they form large curds, until moist but solid, 2 to 3 minutes.
- ☐ Spoon eggs onto baguette. Top with reserved bacon, cheese and scallions. Broil until cheese has melted, 1 to 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:20.9, Inflammation Score:-6, Nutrition Score:21.380434844805%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 497.71kcal (24.89%), Fat: 28.25g (43.46%), Saturated Fat: 11.24g (70.23%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 31.97g (11.62%), Sugar: 4.88g (5.42%), Cholesterol: 411.23mg (137.08%), Sodium: 1077.32mg (46.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.53%), Selenium: 50.91µg (72.73%), Vitamin B2: 0.81mg (47.41%), Phosphorus: 386.92mg (38.69%), Vitamin B1: 0.48mg (32.28%), Folate: 125.43µg (31.36%), Vitamin K: 27.75µg (26.43%), Calcium: 263.78mg (26.38%), Iron: 4.21mg (23.41%), Vitamin B5: 2.05mg (20.46%), Vitamin B12: 1.21µg (20.12%), Vitamin B3: 3.9mg (19.5%), Vitamin A: 916.4IU (18.33%), Zinc: 2.73mg (18.18%), Manganese: 0.34mg (17.1%), Vitamin B6: 0.33mg (16.29%), Vitamin D: 2.17µg (14.48%), Vitamin E: 1.57mg (10.49%), Magnesium: 40.14mg (10.03%), Potassium: 343.05mg (9.8%), Copper: 0.17mg (8.72%), Fiber: 1.62g (6.5%), Vitamin C: 2.53mg (3.06%)