



## Sister Schubert's® Breakfast Sandwiches

READY IN



18 min.

SERVINGS



2

CALORIES



543 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 tablespoons butter divided
- 2 slices canadian bacon
- 4 slices monterrey jack cheese
- 2 dinner rolls split prepared
- 2 large eggs
- 2 servings pepper black freshly ground

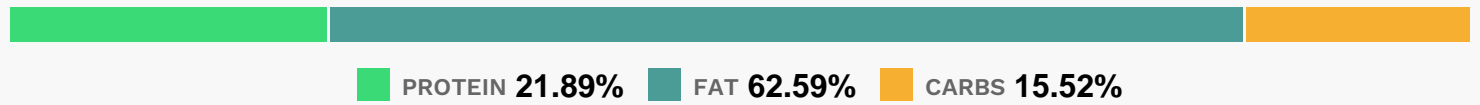
### Equipment

- frying pan

## Directions

- Melt 1 teaspoon butter in small non-stick pan medium over high heat; add Canadian bacon slices and cook just to warm bacon.
- Remove from pan and set aside. In same pan, add 1 tablespoon butter and cook eggs as desired. Season with salt and pepper.
- Spread 1 teaspoon butter in center of each roll. Assemble sandwiches with Canadian bacon, egg and cheese slices.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:19.397825966711%

## Nutrients (% of daily need)

Calories: 543.15kcal (27.16%), Fat: 37.78g (58.12%), Saturated Fat: 20.74g (129.6%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 19.41g (7.06%), Sugar: 1.17g (1.31%), Cholesterol: 280.19mg (93.4%), Sodium: 980mg (42.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Selenium: 44.93µg (64.19%), Calcium: 527.52mg (52.75%), Phosphorus: 465.13mg (46.51%), Vitamin B2: 0.62mg (36.37%), Vitamin B1: 0.43mg (28.63%), Manganese: 0.48mg (23.97%), Vitamin A: 1051.05IU (21.02%), Zinc: 3.12mg (20.81%), Vitamin B12: 1.12µg (18.74%), Vitamin B3: 3.62mg (18.11%), Iron: 3.01mg (16.73%), Folate: 60.96µg (15.24%), Vitamin D: 2.13µg (14.23%), Vitamin B6: 0.27mg (13.69%), Vitamin B5: 1.21mg (12.06%), Magnesium: 41.9mg (10.47%), Vitamin E: 1.21mg (8.07%), Potassium: 266.54mg (7.62%), Fiber: 1.66g (6.64%), Copper: 0.13mg (6.63%), Vitamin K: 3.85µg (3.67%)