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Steak & Egg McMuffin ^{♦♦}

The Steak & Egg McMuffin is a classic breakfast sandwich offered by McDonald's. It consists of a tender steak patty, a fried egg, and melted cheese sandwiched between a toasted English muffin. This hearty and flavorful sandwich is a favorite among meat lovers and is perfect for a filling breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	steak patty
1 pieces	Egg
1 slices	cheese
1 pieces	english muffin

Directions

Step 1

Grilling

Cook the steak patty according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Fry the egg in a pan until desired doneness.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Toasting

Toast the English muffin until golden brown.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Assemble the sandwich by placing the steak patty, fried egg, and cheese on the toasted English muffin.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 22 g

Protein: 29 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	29 g	170.59%	170.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	22 g	78.57%	88%
Cholesterol	260 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	820 mg	35.65%	35.65%
Calcium	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	380 mg	11.18%	14.62%
Zinc	5 mg	45.45%	62.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack

Events

Picnic

Cuisines

American

Course

Main Dishes Side Dishes Drinks Breads Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Diet

Weight Watchers (WW) Diet

Difficulty Level

Easy

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