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Steak, Egg & Cheese McMuffin ♦♦

The Steak, Egg & Cheese McMuffin is a popular breakfast sandwich offered by McDonald's. It consists of a grilled steak patty, a fried egg, and melted cheese, served on a toasted English muffin. It is a delicious and satisfying breakfast option.

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 pieces	cheese slice
1 pieces	english muffin

Directions

Step 1

Grilling

Grill the steak patty until cooked to desired doneness.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Fry the egg in a non-stick pan until the yolk is set.

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 slice on the bottom half of the English muffin. Top with the remaining half of the muffin.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 28 g

Protein: 25 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	28 g	100%	112%
Cholesterol	240 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack

Course

Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Cost

Under \$10

\$10 to \$20

Difficulty Level

Easy

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