



Healthdor

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## Sausage, Egg Whites & Cheese McGriddles

Sausage, Egg Whites & Cheese McGriddles is a delicious breakfast sandwich made with sausage, egg whites, and cheese sandwiched between two sweet and savory McGriddle pancakes. It is a popular breakfast option at McDonald's.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	Sausage
50 g	Egg whites
50 g	Cheese
2 pieces	mcgriddle pancakes

## Directions

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### Step 1

Stove

Cook the sausage in a pan until browned.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Whisk the egg whites in a bowl and cook in a pan until set.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Assemble the sandwich by placing the sausage, egg whites, and cheese between two McGriddle pancakes.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	40 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	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Winter Spring

### Events

Christmas

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie

### Kitchen Tools

Slow Cooker

### Course

Appetizers Main Dishes Side Dishes Drinks Sauces & Dressings

### Cultural

Chinese New Year Halloween

### Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

## Difficulty Level

Medium

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