



## AT - Turkey Sausage Waffle Breakfast Sandwich

### **Ingredients:**

|          |   |  |
|----------|---|--|
| 2        | - | Kidfresh Homestyle Waffle                    |
| 3 links  | - | Jimmy Dean Fully Cooked Turkey Sausage Links |
| 2 wedges | - | Laughing Cow Spicy Pepper Jack               |
| 25g      | - | Kroger Reduced Sugar Strawberry Preserves    |
| 1        | - | Egg  |
| 2g       | - | Sriracha                                     |

### **Prep / Cooking:**

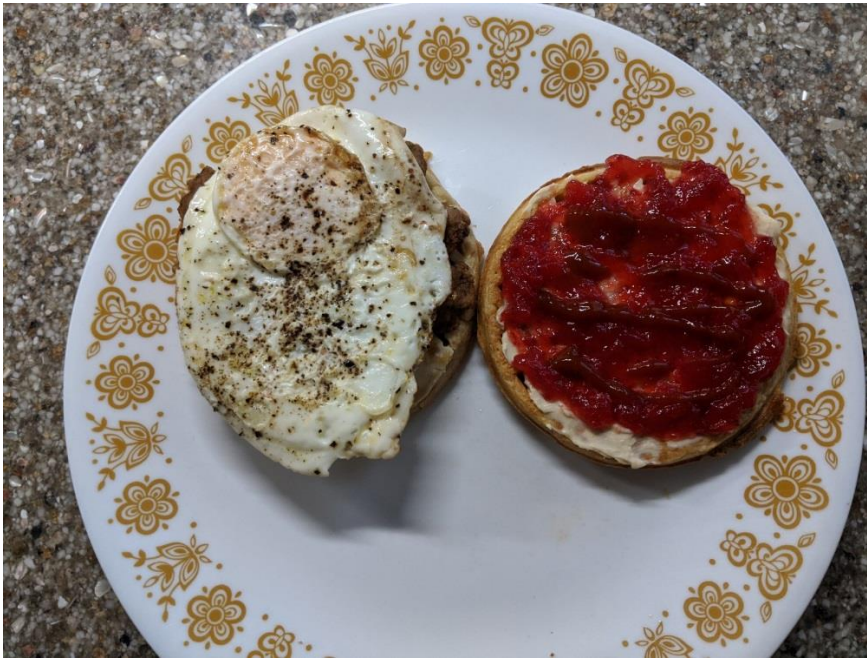
1. Wrap the sausage links in a paper towel and heat for 60 seconds in the microwave
2. Toast the waffles. *I used a setting of 2.5 on my toaster*
3. Spread one wedge of cheese onto each of the waffles
4. Slice the sausage links in half lengthwise



5. Place the links on one of the waffles



6. Spread the preserves onto the other waffle and then finish with Sriracha
7. Fry an egg to over easy and then place on the side of the waffle with the sausage links followed by the other side of waffle



***Other:***

Egg whites could be subbed to cut down on the fat content. The amount of Sriracha can be adjusted depending on how spicy you like your foods.

## Nutritional Breakdown:

Recipe makes 1 breakfast sandwich

### Per Ounce

|              |         |                  |       |
|--------------|---------|------------------|-------|
| Calories:    | 455     | Carbs:           | 37 g  |
| Fat:         | 19.5 g  | Fiber:           | 3 g   |
| Saturated:   | 6 g     | Sugar:           | 14 g  |
| Cholesterol: | 265 mg  | Potassium:       | 69 mg |
| Sodium:      | 1295 mg | 27% DV Iron      |       |
| Protein:     | 33 g    | 31% DV Calcium   |       |
| Poly:        | 1 g     | 20% DV Vitamin A |       |
| Mono:        | 2 g     | 0% DV Vitamin C  |       |



## 455 Calories

