

Going Healthy: Homemade Egg “McGriddle” Sandwich

Description

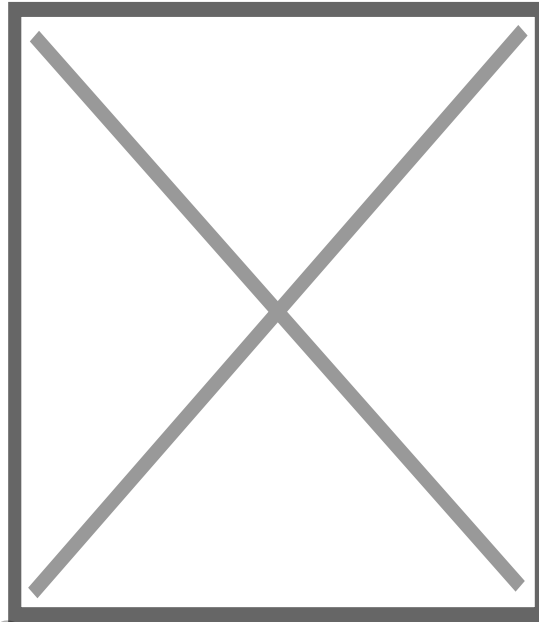


Have you ever had a McGriddle breakfast sandwich from McDonald’s? The soft maple-flavored pancake “buns” sandwiching crispy bacon or sausage, egg and cheese creates a sweet and savory fast food breakfast.

Mmm, I really enjoyed these sandwiches back in my “ignorant to how food is made” days. Now, not so much.

Glad I’m free from food ignorance now, and can see right through the “M” branded griddle cakes stuffed with fluffy egg and crispy bacon. I only see low-quality, non-nutritional ingredients like enriched flour, chemicals created in a lab to obtain that certain “flavors”, and cheese that is anything but.

Starting from the top, let’s break down the ingredients in one of these sandwiches from McD’s. This info comes right from [their site here](#).



Who brands their buns anyway?

One Bacon, Egg, and Cheese McGriddle ([source](#)) packs a whopping 420 calorie handheld heart attack served neatly in colored paper wrap. You get a substantial (not in a good way) 18g of fat, 240mg of cholesterol, 1110mg of sodium, 2g fiber, and 15g of sugar.

Still sound good? Lets keep goingâ€¦

The top-level ingredients for a Bacon, Egg & Cheese McGriddles® are:

Griddle Cakes, Folded Egg, Pasteurized Process American Cheese, Bacon, Liquid Margarine
Seems somewhat safe, but dig deeper and we find the Griddle Cakes have a little more than you or I would use to make pancakes:

*Water, **enriched flour** (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **sugar**, dextrose, palm oil, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), **brown sugar**, salt, soybean oil, rice flour, whey powder, modified tapioca starch, buttermilk powder, caramel color, natural (dairy and botanical source) and **artificial flavors**, soy lecithin, corn oil (processing aid).*

Surely thereâ€™s nothing in the Folded Egg besides â€œeggâ€•.right?.wrong:

*Pasteurized whole eggs, **food starch-modified**, soybean oil, natural flavors (botanical source), sodium acid pyrophosphate, carrageenan, **flavor enhancer** [salt, maltodextrin, natural flavor (plant source), spices, herb, turmeric (color)], **monosodium phosphate**, citric acid, soy lecithin (release agent).*

And the topping on (and in) the â€œcakeâ€• is Liquid Margarine:

*Liquid soybean oil and **hydrogenated** cottonseed and soybean oils, water, **partially hydrogenated** soybean oil, salt, soy lecithin, mono-and diglycerides, sodium benzoate and potassium sorbate (preservatives), **artificial flavor**, citric acid, vitamin A palmitate, beta carotene (color).*

This, among numerous other reasons, is why I happily prepare my own food at home!

My version is actually what you would expect an egg sandwich with pancake buns to be; two pancakes with a cooked egg in the middle. Wow, shocker!! I made a batch of [coconut flour protein pancakes](#) from ProteinPOW.com for the “buns”, but you can use your favorite pancake recipe if you choose.



The fluffy white one was obviously my egg-cellent first choice.

For the egg, I had this bright idea to microwave it in a small, circular glass dish to make the perfect round egg patty.

As you can see, I did this 4 times, and the egg just expanded and wrinkled into a brain-like resemblance. #FoodieFail.

I made do with the best rounded one of the bunch and just saved the other eggs to put on salad. Since my pancakes were too big, I trimmed around them a little; not necessary, but I wanted to make it look good!



Topped with a drizzle of raw, local honey, sprinkle of cayenne, and dash of pepper, this was a delectably sweet and spicy sandwich I devoured immediately after the last picture; pancake trimmings included.

I was pumped when the idea to make this sandwich came to mind, and I’m glad I did. These non-McGriddles are a delightful (and healthy) way to start or end the day. Not to mention they can be fun to

make with kids!



I think itâ€™s smiling at meâ€¦!

My favorite breakfast on the weekends would be a scrambled egg sandwich with ketchup that my mom would make, and I could eat several! Did I mention I was a heavy boy? I donâ€™t have ketchup anymore, but salsa suits me just fine and I donâ€™t feel like Iâ€™ve given up anything!

Have you ever made your own fast food version into something healthier?

Do you like egg sandwiches with ketchup?

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