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**CONSUMER REPORTS: SUBWAY'S EGG WHITE AND CHEESE ON MORNIN'
FLATBREAD TOPS TASTE-TESTS OF FAST-FOOD EGG SANDWICHES**

Offerings from Burger King and McDonald's Disappoint for Nutrition

YONKERS, NY — Egg sandwiches that are tasty and nutritious are hard to come by in most fast-food chains. Consumer Reports tried egg sandwiches from Burger King, Dunkin' Donuts, McDonald's, Starbucks, and Subway—and deemed Subway's Egg White and Cheese on Mornin' Flatbread most tasty.

Consumer Reports also evaluated the nutrition of egg sandwiches from those chains and Wendy's to see if any could combine good taste and nutrition. The tastiest sandwich from Subway also had decent nutrition and while breakfast sandwiches from Burger King and McDonald's rated good for taste, none of them scored better than fair for nutrition. The full report is available online now at www.ConsumerReports.org and in the June 2012 issue of *Consumer Reports*, which goes on sale Tuesday, May 8.

The components of Subway's three-inch Egg White and Cheese on Mornin' Flatbread blended well – its flatbread was tender and its egg whites flavorful. The other egg sandwiches Consumer Reports tasted had one or more drawbacks. The cheese in both Starbucks sandwiches—the Chicken Sausage Wrap and the Turkey Bacon and White Cheddar Classic—was saucelike. The egg in McDonald's Egg McMuffin was slightly rubbery.

In Consumer Reports' tests, tasters visited at least three locations per chain in the New York area, and sandwich quality often varied from one location to another within a chain. For example, the eggs in Burger King's BK Egg & Cheese Muffin were fluffy in two restaurants and wet in a third. And, in one instance, the muffin was untoasted.

Only six of the 106 sandwiches earned Consumer Reports "Very Good" Rating for nutrition—and all of them came from Subway. The tastiest Egg White and Cheese on Mornin' Flatbread only earned a "Good" in nutrition, as did offerings from Starbucks and Dunkin' Donuts.

Three Tips to a Tasty Breakfast Sandwich

1. **Ask for the breakfast sandwich well-toasted** – toasting blends the flavors and makes the bread taste better.
2. **For good nutrition**, skip cheese or meat, substitute egg whites for whole eggs, and avoid a foot-long.
3. **Eat the breakfast sandwich right away** as quality may fall as the sandwich cools off.

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