



Cheddar Eggs

 Vegetarian

READY IN



2 min.

SERVINGS



1

CALORIES



255 kcal

Ingredients

- 1 slice bread toasted
- 1 eggs
- 1 serving pepper sauce hot
- 0.3 cup cheddar cheese shredded kraft
- 1 Tbsp water

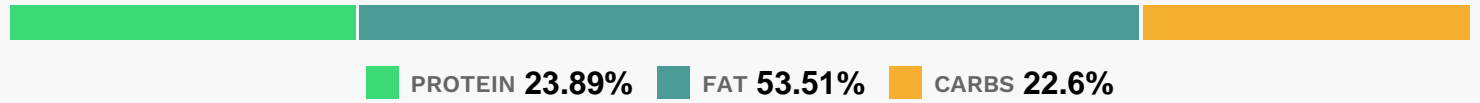
Equipment

- bowl
- microwave

Directions

- Spray small microwavable cup or bowl with cooking spray.
- Add egg and water; beat lightly with fork. Stir in cheese.
- Microwave on HIGH 1-1/2 min. or until egg is completely cooked, stirring after 1 min.
- Spoon onto toast.
- Sprinkle with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:7.33, Inflammation Score:-4, Nutrition Score:11.215652275345%

Nutrients (% of daily need)

Calories: 254.91kcal (12.75%), Fat: 15.06g (23.17%), Saturated Fat: 7g (43.73%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13.19g (4.8%), Sugar: 1.86g (2.07%), Cholesterol: 191.93mg (63.98%), Sodium: 383.07mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.25%), Selenium: 29.57µg (42.24%), Calcium: 259.83mg (25.98%), Phosphorus: 252.64mg (25.26%), Vitamin B2: 0.4mg (23.31%), Manganese: 0.35mg (17.45%), Zinc: 1.9mg (12.65%), Folate: 50.42µg (12.6%), Vitamin B12: 0.69µg (11.52%), Vitamin A: 521.39IU (10.43%), Vitamin B5: 1.02mg (10.21%), Iron: 1.82mg (10.13%), Vitamin B1: 0.14mg (9.39%), Vitamin B3: 1.61mg (8.07%), Vitamin D: 1.05µg (7%), Vitamin B6: 0.13mg (6.28%), Magnesium: 24.54mg (6.14%), Vitamin E: 0.73mg (4.85%), Fiber: 1.12g (4.48%), Copper: 0.08mg (4.24%), Potassium: 122.1mg (3.49%), Vitamin K: 2.18µg (2.08%)