



## Cheesy Chived Egg Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 1 Tbsp philadelphia chive & onion cream cheese spread
- 2 eggs beaten
- 1 muffin split english toasted
- 1 singles kraft

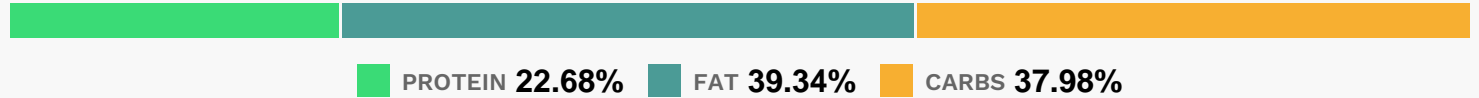
## Equipment

- frying pan

## Directions

- Cook eggs in small skillet on medium heat until set, stirring occasionally.
- Add cream cheese spread; cook until cream cheese spread is completely melted and mixture is well blended, stirring frequently.
- Spoon egg mixture onto 1 of the muffin halves; top with Singles and remaining muffin half.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:1.1326086835369%

## Nutrients (% of daily need)

Calories: 30.09kcal (1.5%), Fat: 1.29g (1.98%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.09g (0.1%), Cholesterol: 33.74mg (11.25%), Sodium: 47.67mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Selenium: 2.7µg (3.86%), Vitamin B2: 0.05mg (2.9%), Phosphorus: 25.93mg (2.59%), Vitamin B5: 0.16mg (1.6%), Folate: 6.24µg (1.56%), Vitamin B12: 0.08µg (1.34%), Vitamin A: 64.89IU (1.3%), Vitamin D: 0.18µg (1.17%), Manganese: 0.02mg (1.14%), Iron: 0.2mg (1.14%), Calcium: 10.52mg (1.05%), Zinc: 0.16mg (1.04%)