



Cheesy Ham and Egg Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 eggs
- 1 slice oscar mayer ham smoked
- 1 singles kraft
- 1 Tbsp real mayo mayonnaise kraft
- 2 slices bread white

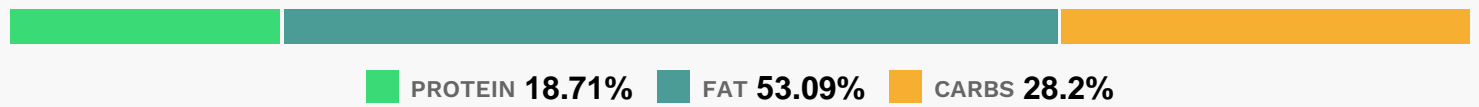
Equipment

- frying pan

Directions

- Heat skillet sprayed with cooking spray on medium heat.
- Add egg; cook 4 min. or until white is set and yolk is cooked to desired doneness.
- Remove from skillet.
- Spread bread slices with mayo.
- Place 1 bread slice, mayo-side down in skillet; top with ham, egg, Singles and remaining bread slice, mayo-side up. Cook 2 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:8.32, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:0.89782608851143%

Nutrients (% of daily need)

Calories: 24.09kcal (1.2%), Fat: 1.4g (2.15%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.2g (0.22%), Cholesterol: 12.47mg (4.16%), Sodium: 48.93mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Selenium: 2.12µg (3.03%), Vitamin B1: 0.03mg (1.96%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 14.38mg (1.44%), Vitamin K: 1.52µg (1.44%), Folate: 5.18µg (1.3%), Vitamin B3: 0.24mg (1.22%), Manganese: 0.02mg (1.04%), Iron: 0.18mg (1.01%)