



Country-Ham-and-Egg Toasts

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

Ingredients

- ☐ 6 large green onions
- ☐ 4 hard-cooked eggs sliced
- ☐ 0.1 teaspoon kosher salt
- ☐ 8 teaspoons mayonnaise low-fat
- ☐ 2 teaspoons olive oil
- ☐ 4 servings parmesan cheese freshly grated
- ☐ 4 slices sourdough bread toasted

Equipment

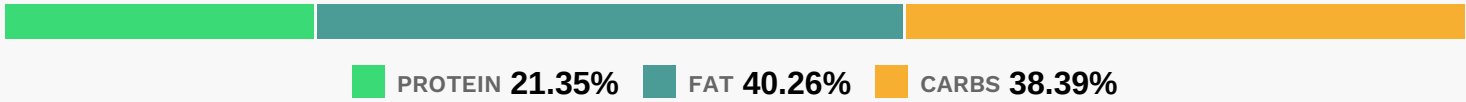
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Toss together green onions, olive oil, and salt in a jelly-roll pan.
- ☐ Bake 10 to 12 minutes or until tender. Cool in pan 5 minutes.
- ☐ Cut onions into 2-inch-long pieces.
- ☐ Spread 2 tsp. mayonnaise onto each of 4 toasted sourdough bread slices.
- ☐ Layer each with one-fourth of green onions; 1 hard-cooked egg, sliced; and, if desired, 1 Tbsp. country ham. Top with desired amount of freshly grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:26.17, Inflammation Score:-7, Nutrition Score:22.332608679067%

Flavonoids

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 426.6kcal (21.33%), Fat: 19.1g (29.39%), Saturated Fat: 7.19g (44.91%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 38.6g (14.04%), Sugar: 4.7g (5.22%), Cholesterol: 213.88mg (71.29%), Sodium: 1117.15mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin K: 84.23µg (80.22%), Selenium: 44.64µg (63.77%), Vitamin B2: 0.66mg (39.02%), Phosphorus: 358.48mg (35.85%), Calcium: 351.02mg (35.1%), Vitamin B1: 0.52mg (34.45%), Folate: 126.84µg (31.71%), Manganese: 0.43mg (21.73%), Iron: 3.81mg (21.17%), Vitamin A: 898.97IU (17.98%), Zinc: 2.64mg (17.61%), Vitamin B3: 3.34mg (16.69%), Vitamin B12: 0.96µg (16%), Magnesium: 43.64mg (10.91%), Vitamin B5: 1.04mg (10.43%), Vitamin E: 1.47mg (9.81%), Fiber: 2.38g (9.53%), Vitamin B6: 0.18mg (8.82%), Vitamin C: 7.05mg (8.55%), Potassium: 299.1mg (8.55%), Vitamin D: 1.25µg (8.33%), Copper: 0.15mg (7.42%)