



Creamed Eggs on Toast

READY IN



25 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon chicken soup base
- ☐ 0.5 cup flour all-purpose
- ☐ 12 hard-cooked eggs peeled
- ☐ 3 cups milk
- ☐ 6 servings salt and pepper white to taste
- ☐ 6 slices bread white lightly toasted

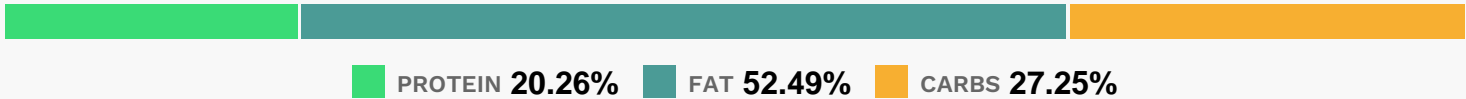
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Separate the egg whites from the egg yolks.
- ☐ Place the egg yolks into a bowl and mash with a fork. Chop the egg whites into small pieces and set aside.
- ☐ Melt the butter in a saucepan set over medium heat. Stir in flour until smooth. Gradually mix in the milk and chicken bouillon so that no lumps form and stir constantly until the mixture comes to a boil.
- ☐ Add the egg yolks and mix until dissolved. Stir in egg whites.
- ☐ Serve over toast and season with salt and white pepper.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:16.69, Inflammation Score:-6, Nutrition Score:17.5008697151%

Nutrients (% of daily need)

Calories: 403.66kcal (20.18%), Fat: 23.3g (35.85%), Saturated Fat: 10.65g (66.55%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 26.37g (9.59%), Sugar: 8.5g (9.45%), Cholesterol: 408.08mg (136.03%), Sodium: 743.38mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Selenium: 42.78µg (61.11%), Vitamin B2: 0.8mg (47.04%), Phosphorus: 338.37mg (33.84%), Vitamin B12: 1.79µg (29.79%), Calcium: 258.32mg (25.83%), Vitamin D: 3.54µg (23.61%), Vitamin B1: 0.34mg (22.94%), Folate: 91.36µg (22.84%), Vitamin B5: 2.05mg (20.48%), Vitamin A: 954.27IU (19.09%), Iron: 2.53mg (14.03%), Manganese: 0.25mg (12.58%), Zinc: 1.85mg (12.35%), Vitamin B6: 0.22mg (11.21%), Potassium: 354.28mg (10.12%), Vitamin B3: 2.02mg (10.11%), Vitamin E: 1.38mg (9.17%), Magnesium: 34.34mg (8.59%), Fiber: 0.86g (3.42%), Copper: 0.06mg (3.02%), Vitamin K: 1.41µg (1.34%)