



Egg and Cheese on a Roll

 Vegetarian

READY IN



7 min.

SERVINGS



1

CALORIES



414 kcal

Ingredients

- 1 teaspoon canola oil
- 1.3 ounce cheddar cheese reduced-fat
- 1 large eggs
- 1 large egg white
- 1 muffins split english toasted
- 0.8 teaspoon catsup
- 1 Dash salt

Equipment

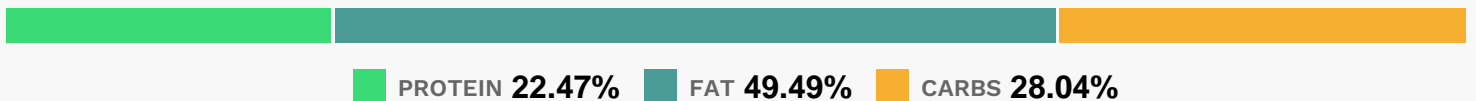
- bowl

- frying pan
- baking sheet
- whisk
- broiler
- spatula

Directions

- Preheat broiler.
- Combine first 3 ingredients in a small bowl, stirring with a whisk.
- Place 1 cheese slice on top of each muffin half.
- Place muffin halves on a baking sheet. Broil 1 minute or until cheese melts.
- Heat a small nonstick skillet over medium heat.
- Add oil to pan; swirl to coat.
- Add egg mixture to pan; cook without stirring until mixture sets on bottom. Draw a spatula across bottom of pan to form curds. Continue drawing spatula across bottom of pan until egg mixture is slightly thick, but still moist; do not stir constantly.
- Remove from pan immediately and place on muffin bottom.
- Spread ketchup over cheese on muffin top.
- Sprinkle egg with hot sauce, if desired, and cover with muffin top.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:18.76, Inflammation Score:0, Nutrition Score:13.613478100818%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 414.44kcal (20.72%), Fat: 22.56g (34.71%), Saturated Fat: 9.19g (57.45%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.21g (9.89%), Sugar: 1.34g (1.49%), Cholesterol: 223.42mg (74.47%), Sodium: 707.77mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.09%), Selenium: 32.57µg (46.52%), Vitamin B2: 0.63mg (37.2%), Phosphorus: 352.12mg (35.21%), Calcium: 325.11mg (32.51%), Zinc: 2.43mg (16.22%), Vitamin B12: 0.89µg (14.9%), Folate: 54.11µg (13.53%), Vitamin A: 664.2IU (13.28%), Vitamin B5: 1.24mg (12.4%), Manganese: 0.23mg (11.43%), Vitamin E: 1.56mg (10.4%), Vitamin B1: 0.14mg (9.05%), Iron: 1.48mg (8.23%), Vitamin D: 1.22µg (8.16%), Magnesium: 32.19mg (8.05%), Vitamin B6: 0.14mg (7.15%), Potassium: 236.82mg (6.77%), Copper: 0.13mg (6.63%), Fiber: 1.55g (6.2%), Vitamin B3: 1.04mg (5.19%), Vitamin K: 4.01µg (3.82%)