



Egg in a Hole Grilled Cheese

READY IN



8 min.

SERVINGS



1

CALORIES



420 kcal

Ingredients

- 2 slices canadian bacon
- 1 large eggs
- 1 teaspoon dijon honey mustard
- 1 inch sourdough french
- 0.3 cup swiss cheese shredded
- 1 tablespoon butter unsalted

Equipment

- frying pan

Directions

- Cut a 2 1/2-inch hole from the center of one slice of the bread. Melt butter in a medium nonstick skillet over medium-low heat. When it foams, place the cut slice of bread and the round in skillet and toast lightly, about 1 minute.
- Crack the egg into the hole and season with salt and pepper, and cook until golden brown, about 2 minutes.
- Flip the egg bread, sprinkle half of the cheese on bread and top with ham.
- Spread mustard on second piece of bread and close sandwich. Cook until well browned and bottom part of cheese begins to melt, about 1 minute more. Flip whole sandwich and cook until all cheese is melted, about 2 to 3 minutes more.
- Serve.

Nutrition Facts

 **PROTEIN 27.15%**  **FAT 67.87%**  **CARBS 4.98%**

Properties

Glycemic Index:107.5, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:16.653478242781%

Nutrients (% of daily need)

Calories: 419.76kcal (20.99%), Fat: 31.3g (48.16%), Saturated Fat: 16.59g (103.67%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 5.11g (1.86%), Sugar: 1.31g (1.46%), Cholesterol: 278.08mg (92.69%), Sodium: 694.71mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Selenium: 41.3µg (59%), Phosphorus: 450.18mg (45.02%), Calcium: 357.64mg (35.76%), Vitamin B12: 1.94µg (32.3%), Vitamin B1: 0.47mg (31.38%), Vitamin B2: 0.45mg (26.54%), Zinc: 3.05mg (20.33%), Vitamin D: 2.81µg (18.71%), Vitamin B3: 3.74mg (18.7%), Vitamin A: 918.66IU (18.37%), Vitamin B6: 0.34mg (16.78%), Vitamin B5: 1.24mg (12.41%), Potassium: 296.97mg (8.48%), Folate: 32.56µg (8.14%), Vitamin E: 1.19mg (7.94%), Iron: 1.41mg (7.84%), Magnesium: 28.66mg (7.17%), Copper: 0.08mg (4.23%), Manganese: 0.04mg (2.14%), Vitamin K: 1.65µg (1.57%)