

Egg Sandwich

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 slice processed cheese food
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 2 slices bread white

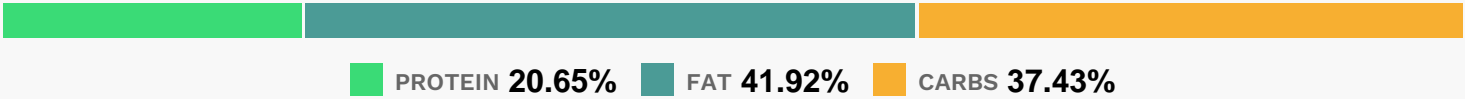
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐
- Crack the egg into a microwave-safe cereal bowl and whisk in the milk. Season with salt and pepper. Cook in the microwave on 100% power for 1 to 2 minutes, or until cooked through.
- ☐
- While the egg is cooking, toast the bread. Use a spoon to remove the cooked egg from the bowl and set it on one piece of toast. Top with a slice of cheese and the other piece of toast. Cook in the microwave until cheese is melted, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:139.78, Glycemic Load:18.01, Inflammation Score:-4, Nutrition Score:12.946956520495%

Nutrients (% of daily need)

Calories: 284.83kcal (14.24%), Fat: 13.14g (20.21%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 25.24g (9.18%), Sugar: 4.03g (4.48%), Cholesterol: 186.48mg (62.16%), Sodium: 657.59mg (28.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Selenium: 29.64µg (42.34%), Calcium: 368.04mg (36.8%), Phosphorus: 293.38mg (29.34%), Vitamin B2: 0.39mg (23%), Folate: 77.86µg (19.47%), Vitamin B1: 0.28mg (18.84%), Manganese: 0.32mg (15.88%), Iron: 2.58mg (14.35%), Vitamin B12: 0.79µg (13.13%), Vitamin B3: 2.44mg (12.22%), Vitamin B5: 1.08mg (10.83%), Zinc: 1.59mg (10.61%), Vitamin A: 460.85IU (9.22%), Vitamin D: 1.17µg (7.81%), Vitamin B6: 0.14mg (7.06%), Magnesium: 26.04mg (6.51%), Copper: 0.1mg (5.17%), Vitamin E: 0.75mg (4.98%), Potassium: 169.44mg (4.84%), Fiber: 1.15g (4.6%)