



Eggs over Toast

READY IN



30 min.

SERVINGS



8

CALORIES



245 kcal

Ingredients

- ☐ 21.5 ounce cream of mushroom soup undiluted canned
- ☐ 16 ounce vegetables mixed frozen thawed
- ☐ 6 hard-cooked eggs sliced
- ☐ 2 cups milk
- ☐ 8 servings salt and pepper to taste
- ☐ 8 slices bread white toasted

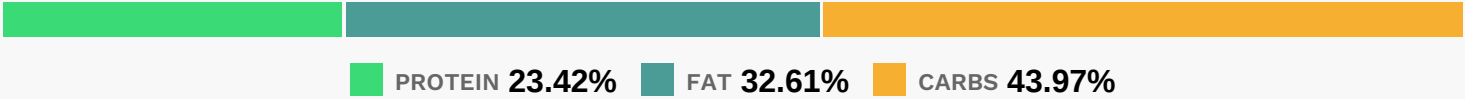
Equipment

- ☐ sauce pan

Directions

☐ In a large saucepan, stir together the cream of mushroom soup, sliced eggs, mixed vegetables, milk, salt and pepper. Bring to a simmer over medium heat, and cook until vegetables are heated through. To serve, place toast onto plates, and spoon the sauce over it.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:12.26, Inflammation Score:-9, Nutrition Score:15.36478247202%

Nutrients (% of daily need)

Calories: 244.99kcal (12.25%), Fat: 8.95g (13.77%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 24.17g (8.79%), Sugar: 4.69g (5.21%), Cholesterol: 151mg (50.33%), Sodium: 949.55mg (41.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Vitamin A: 3173.25IU (63.46%), Selenium: 18.74µg (26.77%), Manganese: 0.53mg (26.38%), Vitamin B2: 0.43mg (25.32%), Phosphorus: 209.91mg (20.99%), Vitamin B1: 0.27mg (18%), Folate: 66.03µg (16.51%), Calcium: 163.87mg (16.39%), Vitamin B12: 0.87µg (14.46%), Vitamin B3: 2.67mg (13.37%), Iron: 2.36mg (13.11%), Zinc: 1.96mg (13.05%), Copper: 0.24mg (12.09%), Fiber: 3g (11.98%), Vitamin B5: 1.12mg (11.23%), Potassium: 384.24mg (10.98%), Vitamin D: 1.5µg (9.97%), Vitamin B6: 0.19mg (9.52%), Magnesium: 36.77mg (9.19%), Vitamin C: 5.9mg (7.15%), Vitamin E: 0.47mg (3.14%)