



Eggy Doodle Sandwiches

READY IN



16 min.

SERVINGS



2

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 2 tablespoons butter
- ☐ 4 eggs
- ☐ 2 servings salt and pepper to taste
- ☐ 4 slices ham smoked
- ☐ 4 slices texas toast thick- bread

Equipment

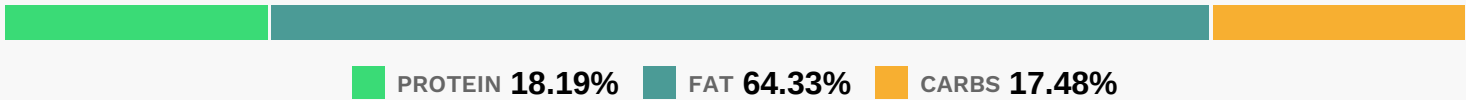
- ☐ frying pan

- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Cut a hole in the center of each slice of bread with a round cookie cutter or the rim of a glass.
- ☐ Place the bread into the hot skillet, crack one egg into the hole of each slice of bread, break the yolk and cook until the white is mostly opaque. Flip the slices of bread over. Form sandwich halves by topping each piece of bread with 1 slice of cheese, a slice of ham, then another slice of cheese. Season with salt and pepper and cook until the eggs are fully set; remove from the skillet.
- ☐ Make two sandwiches by putting together the halves.
- ☐ Place on a microwave-safe plate and microwave on high until the cheese is fully melted, 30 to 45 seconds.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:24.549565582172%

Nutrients (% of daily need)

Calories: 860.24kcal (43.01%), Fat: 61.94g (95.29%), Saturated Fat: 29.63g (185.2%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 35.87g (13.04%), Sugar: 6.27g (6.97%), Cholesterol: 461.62mg (153.87%), Sodium: 2741.49mg (119.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Calcium: 934.76mg (93.48%), Phosphorus: 813.9mg (81.39%), Iron: 14.62mg (81.22%), Selenium: 44.12µg (63.04%), Vitamin B2: 0.6mg (35.5%), Vitamin B12: 2.07µg (34.45%), Vitamin A: 1618.86IU (32.38%), Zinc: 4mg (26.67%), Vitamin B5: 1.7mg (17.03%), Vitamin D: 2.26µg (15.09%), Vitamin E: 1.92mg (12.81%), Folate: 48.5µg (12.13%), Magnesium: 45.71mg (11.43%), Copper: 0.2mg (10.15%), Potassium: 348.28mg (9.95%), Vitamin B6: 0.2mg (9.77%), Fiber: 2g (8%), Vitamin K: 3.43µg (3.26%), Vitamin B1: 0.05mg (3.23%), Manganese: 0.06mg (2.98%)