



Florentine Egg Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup baby spinach leaves
- 1 tsp butter
- 1 eggs
- 1 muffin split english toasted
- 1 slim cut mozzarella cheese cut in half kraft
- 1 dash cracked pepper black

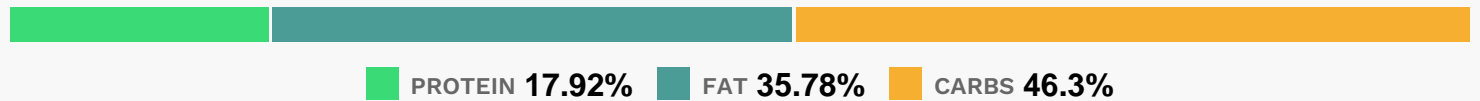
Equipment

- frying pan

Directions

- Melt butter in small skillet on medium heat.
- Add egg; cook 3 min. on each side or until white is completely set and yolk is cooked to desired doneness.
- Sprinkle with pepper.
- Fill muffin halves with spinach, egg and cheese.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:1.0278260837431%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 23.56kcal (1.18%), Fat: 0.93g (1.42%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.02g (0.02%), Cholesterol: 16.45mg (5.48%), Sodium: 38.35mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 3.65µg (3.48%), Vitamin A: 111.63IU (2.23%), Selenium: 1.38µg (1.97%), Vitamin B2: 0.03mg (1.81%), Phosphorus: 17.14mg (1.71%), Manganese: 0.03mg (1.48%), Folate: 5.65µg (1.41%)