



French Toast and Spam Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 eggs
- ☐ 12 ounce luncheon meat fully cooked
- ☐ 0.5 cup milk
- ☐ 8 slices bread white

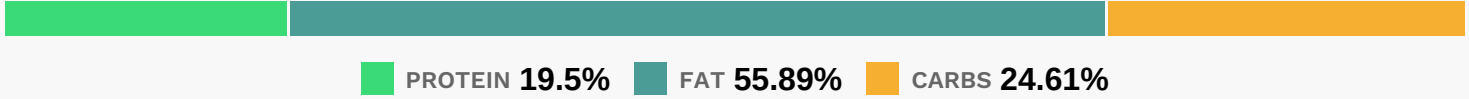
Equipment

- ☐ frying pan

Directions

- ☐
- Cut meat into 8 slices. Cook in a large skillet until browned on both sides.
- ☐
- Remove from skillet, and keep warm.
- ☐
- In a shallow dish, beat eggs and milk together. Dip bread quickly in egg mixture, coating both sides. Fry two at a time in skillet until done on both sides. Wrap one piece of meat with one slice of French toast.

Nutrition Facts



Properties

Glycemic Index:28.19, Glycemic Load:18.08, Inflammation Score:-4, Nutrition Score:17.33869558184%

Nutrients (% of daily need)

Calories: 499.85kcal (24.99%), Fat: 30.62g (47.11%), Saturated Fat: 11.2g (69.97%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.18g (10.61%), Sugar: 4.34g (4.82%), Cholesterol: 268.64mg (89.55%), Sodium: 1527.37mg (66.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.08%), Selenium: 48.54µg (69.34%), Vitamin B1: 0.56mg (37.48%), Vitamin B2: 0.56mg (33.13%), Phosphorus: 324.63mg (32.46%), Vitamin B3: 5.46mg (27.28%), Folate: 83.9µg (20.98%), Iron: 3.19mg (17.7%), Zinc: 2.63mg (17.51%), Calcium: 173.82mg (17.38%), Vitamin B12: 1.04µg (17.28%), Vitamin B6: 0.34mg (17.18%), Manganese: 0.31mg (15.63%), Potassium: 528mg (15.09%), Vitamin D: 1.95µg (12.97%), Vitamin B5: 1.22mg (12.25%), Magnesium: 35.67mg (8.92%), Copper: 0.15mg (7.26%), Vitamin E: 1.06mg (7.07%), Vitamin A: 346.91IU (6.94%), Fiber: 1.15g (4.6%)