

Fried Egg Sandwich



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 4 eggs
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons mayonnaise
- ☐ 4 slices processed american cheese
- ☐ 4 servings salt and pepper to taste
- ☐ 8 slices bread white toasted

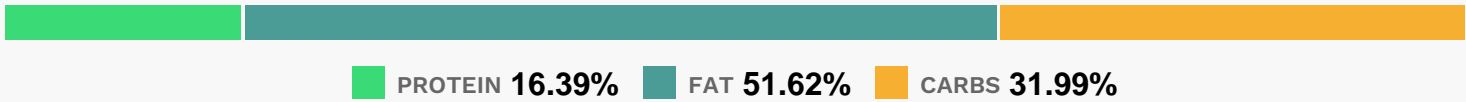
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, melt butter over medium high heat. Crack eggs in pan and cook to desired firmness. Just before eggs are cooked, place a slice of cheese over each egg.
- ☐ After cheese has melted, place each egg on a toasted slice of bread. Season eggs with salt and pepper.
- ☐ Spread mayonnaise and ketchup on remaining slices of bread and cover eggs with bread to make 4 sandwiches.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:17.77, Inflammation Score:-5, Nutrition Score:13.439130415087%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 348.93kcal (17.45%), Fat: 19.93g (30.66%), Saturated Fat: 7.68g (48.03%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.62g (9.68%), Sugar: 4.95g (5.5%), Cholesterol: 192.99mg (64.33%), Sodium: 974.23mg (42.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.47%), Selenium: 29.59µg (42.27%), Calcium: 351.99mg (35.2%), Phosphorus: 282.25mg (28.23%), Vitamin B2: 0.38mg (22.64%), Folate: 78.96µg (19.74%), Vitamin B1: 0.28mg (18.39%), Manganese: 0.33mg (16.27%), Iron: 2.63mg (14.59%), Vitamin B3: 2.54mg (12.69%), Vitamin K: 12.59µg (11.99%), Vitamin B12: 0.72µg (11.99%), Vitamin A: 542.05IU (10.84%), Vitamin B5: 1.05mg (10.45%), Zinc: 1.56mg (10.38%), Vitamin E: 1.14mg (7.58%), Vitamin B6: 0.14mg (7.23%), Vitamin D: 1.02µg (6.8%), Magnesium: 25.34mg (6.34%), Copper: 0.11mg (5.56%), Potassium: 170.05mg (4.86%), Fiber: 1.17g (4.69%)