



Green Eggs and Ham

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



180 kcal

SIDE DISH

Ingredients

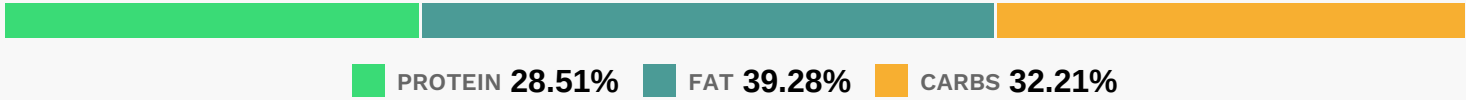
- ☐ 0.8 ounce canadian bacon
- ☐ 1 slice ciabatta bread toasted
- ☐ 1 scrambled egg
- ☐ 1 serving basil fresh thinly sliced
- ☐ 1 teaspoon pesto

Equipment

Directions

- ☐ Spread pesto on toasted ciabatta. Top with Canadian bacon and egg.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:7.0795651441035%

Nutrients (% of daily need)

Calories: 180.23kcal (9.01%), Fat: 7.73g (11.88%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.84g (5.03%), Sugar: 0.33g (0.37%), Cholesterol: 174.71mg (58.24%), Sodium: 438.72mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.23%), Selenium: 18.83µg (26.9%), Vitamin B2: 0.24mg (14.07%), Phosphorus: 139.91mg (13.99%), Vitamin B1: 0.18mg (11.86%), Vitamin D: 1.48µg (9.84%), Vitamin B12: 0.53µg (8.9%), Vitamin A: 443.9IU (8.88%), Vitamin B6: 0.16mg (8.04%), Vitamin K: 8.43µg (8.03%), Vitamin B5: 0.79mg (7.89%), Vitamin B3: 1.38mg (6.88%), Zinc: 0.88mg (5.86%), Folate: 22.89µg (5.72%), Iron: 1.01mg (5.59%), Potassium: 139.76mg (3.99%), Calcium: 37.93mg (3.79%), Vitamin E: 0.52mg (3.48%), Magnesium: 10.17mg (2.54%), Copper: 0.05mg (2.45%), Manganese: 0.04mg (2.01%), Fiber: 0.42g (1.68%)