



Green Eggs and Ham

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 1 cup egg substitute
- ☐ 1 ounce fontina shredded
- ☐ 8 ounce bread french
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons milk 1%
- ☐ 1 ounce pancetta diced

- ☐ 4 plum tomatoes thinly sliced lengthwise
- ☐ 0.5 teaspoon salt

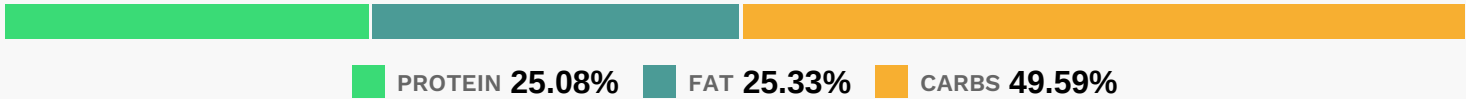
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange bread slices in a single layer on a baking sheet. Broil 2 minutes or until tops are toasted.
- ☐ Remove from oven. Turn the slices over; set aside on baking sheet.
- ☐ Combine egg substitute, basil, milk, salt, pepper, and egg, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add garlic and pancetta; saut 3 minutes or until pancetta begins to crisp.
- ☐ Add egg mixture to pan; cook 2 minutes or just until set, stirring gently.
- ☐ Divide egg mixture evenly over bread slices. Top egg mixture with tomatoes, and sprinkle with cheese. Broil 2 minutes or until the cheese melts and begins to brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:15.68, Inflammation Score:-6, Nutrition Score:11.690434891245%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 183.53kcal (9.18%), Fat: 5.2g (7.99%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 21.5g (7.82%), Sugar: 4g (4.44%), Cholesterol: 39.85mg (13.28%), Sodium: 586.1mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.15%), Selenium: 31.78µg (45.4%), Vitamin B1: 0.35mg (23.62%), Vitamin B2: 0.38mg (22.6%), Folate: 64.12µg (16.03%), Manganese: 0.29mg (14.53%), Iron: 2.62mg (14.53%), Phosphorus: 125.43mg (12.54%), Vitamin B3: 2.35mg (11.75%), Vitamin A: 587.29IU (11.75%), Vitamin B5: 1.03mg (10.29%), Calcium: 94.25mg (9.42%), Vitamin B6: 0.17mg (8.73%), Zinc: 1.23mg (8.18%), Vitamin C: 6.35mg (7.7%), Vitamin K: 8.07µg (7.68%), Potassium: 267.32mg (7.64%), Vitamin E: 1.07mg (7.13%), Magnesium: 26.51mg (6.63%), Vitamin D: 0.91µg (6.06%), Vitamin B12: 0.34µg (5.73%), Fiber: 1.39g (5.54%), Copper: 0.11mg (5.4%)