



Ham and Swiss Egg Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 ounces lower-sodium deli ham thinly sliced
- 4 large eggs
- 4 muffins split english toasted
- 4 ounce swiss cheese

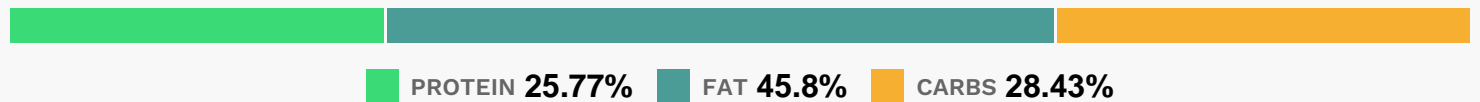
Equipment

- frying pan
- baking sheet
- broiler

Directions

- Preheat broiler to high.
- Heat a nonstick skillet over medium-high heat. Coat the pan with cooking spray.
- Add ham to pan; saut 2 minutes or until lightly browned.
- Remove from pan. Recoat pan with cooking spray. Crack eggs into pan. Cover and cook for 4 minutes or until desired degree of doneness.
- Remove from heat.
- Place 4 muffin halves, cut sides up, on a baking sheet. Top each half with 1 cheese slice. Broil for 2 minutes or until cheese melts. Divide ham among cheese-topped muffin halves; top each with 1 egg and 1 muffin half.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:18.62, Inflammation Score:-4, Nutrition Score:14.209130611433%

Nutrients (% of daily need)

Calories: 385.75kcal (19.29%), Fat: 19.32g (29.73%), Saturated Fat: 8.57g (53.55%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 25.45g (9.25%), Sugar: 0.19g (0.21%), Cholesterol: 229.94mg (76.65%), Sodium: 724.44mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.92%), Selenium: 30.32µg (43.31%), Phosphorus: 398.2mg (39.82%), Calcium: 311.94mg (31.19%), Vitamin B2: 0.46mg (27.34%), Vitamin B12: 1.51µg (25.09%), Vitamin B1: 0.3mg (19.78%), Zinc: 2.94mg (19.6%), Vitamin B5: 1.27mg (12.72%), Folate: 47.99µg (12%), Vitamin B6: 0.24mg (11.85%), Manganese: 0.22mg (11.14%), Vitamin B3: 2.21mg (11.06%), Vitamin A: 505.31IU (10.11%), Iron: 1.67mg (9.25%), Magnesium: 32.71mg (8.18%), Vitamin D: 1.2µg (7.99%), Copper: 0.15mg (7.32%), Potassium: 244.88mg (7%), Fiber: 1.54g (6.16%), Vitamin E: 0.8mg (5.31%)