



Hearty Breakfast Toast

READY IN



10 min.

SERVINGS



6

CALORIES



266 kcal

Ingredients

- 10.8 ounces condensed cream of cheddar cheese soup canned
- 0.3 cup milk
- 6 hardboiled eggs peeled sliced
- 6 slices bread toasted
- 0.3 cup bacon bits

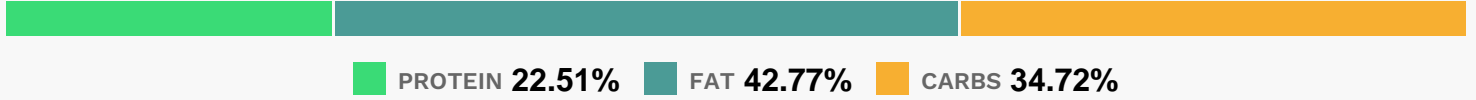
Equipment

- sauce pan

Directions

- Heat soup and milk in 1-quart saucepan over medium heat, stirring constantly, until hot; remove from heat.
- Arrange egg slices on toast. Spoon soup mixture over eggs; sprinkle with bacon flavor bits.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:7.39, Inflammation Score:-4, Nutrition Score:10.944782562878%

Nutrients (% of daily need)

Calories: 266.06kcal (13.3%), Fat: 12.46g (19.17%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 19.89g (7.23%), Sugar: 3.63g (4.04%), Cholesterol: 190.16mg (63.39%), Sodium: 698.39mg (30.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.51%), Selenium: 24.69µg (35.28%), Vitamin B2: 0.35mg (20.88%), Manganese: 0.35mg (17.37%), Phosphorus: 164.33mg (16.43%), Vitamin B1: 0.23mg (15.64%), Folate: 62.49µg (15.62%), Vitamin B12: 0.79µg (13.1%), Fiber: 2.87g (11.47%), Calcium: 106.2mg (10.62%), Potassium: 371.46mg (10.61%), Vitamin E: 1.48mg (9.88%), Vitamin B5: 0.98mg (9.79%), Vitamin A: 487.22IU (9.74%), Iron: 1.7mg (9.43%), Vitamin B3: 1.82mg (9.11%), Vitamin D: 1.25µg (8.33%), Magnesium: 30.59mg (7.65%), Zinc: 1.12mg (7.45%), Copper: 0.12mg (5.95%), Vitamin B6: 0.11mg (5.52%), Vitamin K: 1.56µg (1.49%)