



Kitty Cat Sandwiches

READY IN



45 min.

SERVINGS



1

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 eggs beaten
- ☐ 2 teaspoons favorite-flavor jam
- ☐ 1 serving garnish: candies green
- ☐ 1 tablespoon milk
- ☐ 1 teaspoon sugar
- ☐ 2 slices bread white

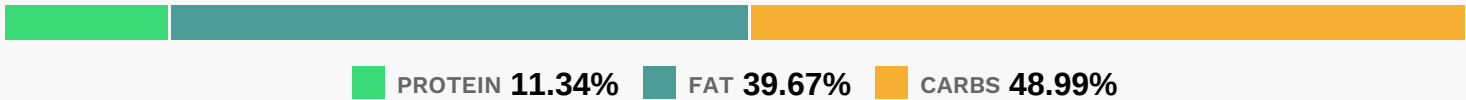
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cookie cutter

Directions

- ☐ Whisk together egg, milk, cinnamon and sugar in a bowl. Make a sandwich with bread slices and jam or jelly.
- ☐ Cut with cat cookie cutter. Dip both sides into egg mixture. In a skillet over medium heat, fry in butter until golden on both sides.
- ☐ Add green candies for eyes.

Nutrition Facts



Properties

Glycemic Index:292.87, Glycemic Load:25.83, Inflammation Score:-5, Nutrition Score:11.589565230452%

Nutrients (% of daily need)

Calories: 410.71kcal (20.54%), Fat: 18.11g (27.86%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 48.08g (17.48%), Sugar: 23.75g (26.38%), Cholesterol: 189.23mg (63.08%), Sodium: 385.8mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.29%), Selenium: 25.83µg (36.9%), Manganese: 0.49mg (24.47%), Vitamin B2: 0.36mg (21%), Folate: 78.08µg (19.52%), Vitamin B1: 0.28mg (18.83%), Calcium: 181.25mg (18.13%), Phosphorus: 164.47mg (16.45%), Iron: 2.79mg (15.5%), Vitamin B3: 2.45mg (12.26%), Vitamin A: 548.85IU (10.98%), Vitamin B5: 1.02mg (10.16%), Fiber: 2.24g (8.96%), Vitamin B12: 0.49µg (8.16%), Zinc: 1.11mg (7.37%), Vitamin D: 1.04µg (6.97%), Vitamin B6: 0.13mg (6.73%), Vitamin E: 0.85mg (5.68%), Copper: 0.11mg (5.57%), Magnesium: 21.94mg (5.49%), Potassium: 159.29mg (4.55%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.29µg (1.23%)