



## Motuleño Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp refried black beans
- 1 eggs
- 1 slice oscar mayer baked ham cooked
- 1 singles kraft
- 2 slices bread whole wheat toasted

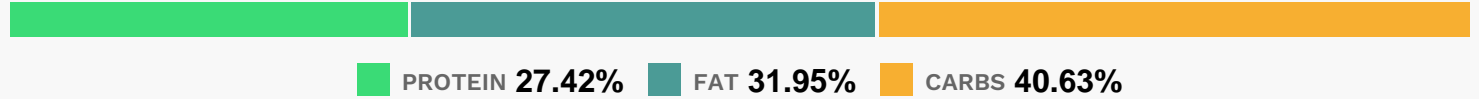
### Equipment

- frying pan

## Directions

- Heat skillet sprayed with cooking spray on medium heat. Break egg into skillet; cook 4 min. or until white is set.
- Spread toast slices with beans; fill with ham, egg and Singles.

## Nutrition Facts



## Properties

Glycemic Index:9.97, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:1.8169565174891%

## Nutrients (% of daily need)

Calories: 31.37kcal (1.57%), Fat: 1.1g (1.7%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.27g (0.3%), Cholesterol: 18.12mg (6.04%), Sodium: 66.01mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.13mg (6.72%), Selenium: 3.47µg (4.95%), Vitamin B1: 0.05mg (3.18%), Phosphorus: 31.64mg (3.16%), Fiber: 0.59g (2.37%), Folate: 8.91µg (2.23%), Vitamin B2: 0.04mg (2.21%), Vitamin B3: 0.39mg (1.96%), Magnesium: 7.44mg (1.86%), Zinc: 0.26mg (1.71%), Iron: 0.31mg (1.7%), Vitamin B6: 0.03mg (1.61%), Calcium: 13.3mg (1.33%), Vitamin B5: 0.13mg (1.26%), Copper: 0.02mg (1.22%), Potassium: 38.81mg (1.11%)