



## Open-Faced Eggwich

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

### Ingredients

- 4 servings cheddar cheese sauce
- 4 eggs
- 2 muffins split english
- 3 tablespoons dijon honey mustard
- 4 slices tomatoes

### Equipment

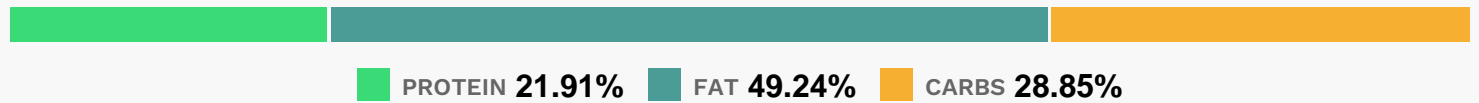
- frying pan
- baking sheet

- oven
- slotted spoon

## Directions

- Add water to a medium skillet to depth of 2 inches; bring to a boil. (While water comes to a boil, prepare Cheddar Cheese Sauce.) Reduce heat to low. Break eggs, one at a time, into a saucer; slip eggs, one at a time, into simmering water, holding saucer as close as possible to surface of water. Simmer 6 to 7 minutes or until internal temperature of egg reaches 160 (yolk will be solid).
- While eggs simmer, place muffin halves and tomato slices on a baking sheet. Broil 4 inches from heat (with electric oven door partially opened) 4 minutes or until muffins are toasted and tomato slices are warm.
- Spread muffins with mustard; top each with a tomato slice.
- Remove eggs from water with a slotted spoon, and place over tomato slices; top with Cheddar Cheese Sauce.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:9.73, Inflammation Score:-5, Nutrition Score:10.23739134747%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 279.65kcal (13.98%), Fat: 14.95g (23%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 18.62g (6.77%), Sugar: 3.22g (3.58%), Cholesterol: 193.68mg (64.56%), Sodium: 448.52mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Selenium: 22µg (31.43%), Phosphorus: 268.9mg (26.89%), Calcium: 254.26mg (25.43%), Vitamin B2: 0.38mg (22.49%), Vitamin A: 763.11IU (15.26%), Zinc: 1.91mg (12.76%), Vitamin B12: 0.72µg (12.02%), Folate: 41.58µg (10.39%), Vitamin B5: 0.95mg (9.5%), Manganese: 0.15mg (7.39%), Vitamin D: 1.06µg (7.07%), Vitamin B6: 0.13mg (6.47%), Iron: 1.14mg (6.36%), Vitamin B1: 0.09mg (5.86%), Magnesium: 22.33mg (5.58%), Vitamin E: 0.83mg (5.55%), Potassium: 185.15mg (5.29%), Copper: 0.09mg (4.71%), Vitamin C: 3.73mg (4.52%), Fiber: 1.09g (4.37%), Vitamin B3: 0.66mg (3.28%), Vitamin K: 2.98µg (2.84%)