



SARA LEE® Egg in a Boat

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



184 kcal

SIDE DISH

Ingredients

- 1 slice smooth bread whole wheat 100% soft sara lee®
- 0.5 tablespoon butter
- 1 eggs

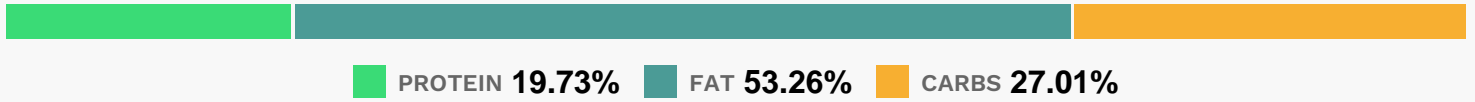
Equipment

- frying pan

Directions

- Butter both sides of bread.
- Cut a circular hole in the center of the slice of bread, about 2 inches in diameter.
- Heat a frying pan over medium-high heat. When the frying pan is hot, place the bread into the pan and toast for 1 minute. Turn and toast the other side for 1 minute.
- Break the egg into the hole in the bread. Cook for 2 minutes, or until the egg is cooked to your preference.

Nutrition Facts



Properties

Glycemic Index:119.7, Glycemic Load:7.24, Inflammation Score:-3, Nutrition Score:8.7643477916718%

Nutrients (% of daily need)

Calories: 184.23kcal (9.21%), Fat: 10.86g (16.7%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.71g (3.89%), Sugar: 1.4g (1.56%), Cholesterol: 178.73mg (59.58%), Sodium: 233.49mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Manganese: 0.61mg (30.51%), Selenium: 20.8µg (29.72%), Phosphorus: 148.16mg (14.82%), Vitamin B2: 0.25mg (14.7%), Vitamin B5: 0.87mg (8.74%), Vitamin B1: 0.13mg (8.5%), Vitamin A: 413.37IU (8.27%), Iron: 1.49mg (8.27%), Folate: 32.65µg (8.16%), Calcium: 71.96mg (7.2%), Zinc: 1.07mg (7.11%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.98mg (6.74%), Vitamin B12: 0.4µg (6.73%), Fiber: 1.68g (6.72%), Vitamin B3: 1.28mg (6.38%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.78mg (5.17%), Copper: 0.09mg (4.75%), Potassium: 132.4mg (3.78%), Vitamin K: 2.81µg (2.67%)