



## Scrambled Egg Sandwich to Go

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



41 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 1 eggs
- 1 milk singles 2% kraft
- 2 slices bread whole wheat toasted

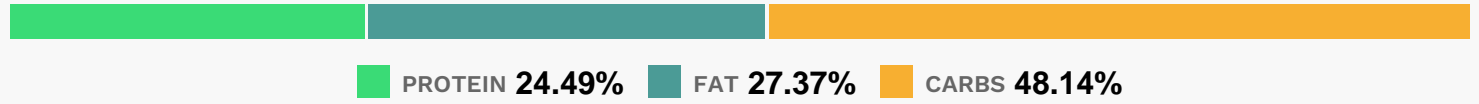
### Equipment

- bowl
- microwave

## Directions

- Beat egg in small microwaveable bowl.
- Microwave on HIGH 30 sec. or until set.
- Fill toast slices with egg and 2% Milk Singles.

## Nutrition Facts



## Properties

Glycemic Index:13.94, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.5956521578457%

## Nutrients (% of daily need)

Calories: 41.13kcal (2.06%), Fat: 1.24g (1.91%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.23g (1.54%), Sugar: 0.54g (0.6%), Cholesterol: 32.75mg (10.92%), Sodium: 62.99mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Manganese: 0.24mg (12.08%), Selenium: 5.6µg (7.99%), Phosphorus: 41.35mg (4.14%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.16%), Fiber: 0.67g (2.69%), Vitamin B3: 0.5mg (2.51%), Iron: 0.44mg (2.45%), Magnesium: 9.7mg (2.43%), Calcium: 23.42mg (2.34%), Folate: 8.85µg (2.21%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.31mg (2.08%), Vitamin B6: 0.04mg (1.96%), Copper: 0.03mg (1.58%), Vitamin B12: 0.08µg (1.32%), Vitamin D: 0.18µg (1.17%), Potassium: 40.42mg (1.15%), Vitamin E: 0.15mg (1.02%)