



Sharp Cheddar & Egg on Rye

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



429 kcal

Ingredients

- ☐ 1 small apples cored sliced
- ☐ 1 large eggs
- ☐ 2 slices cocktail rye bread toasted
- ☐ 1 slice sharp cheddar cheese

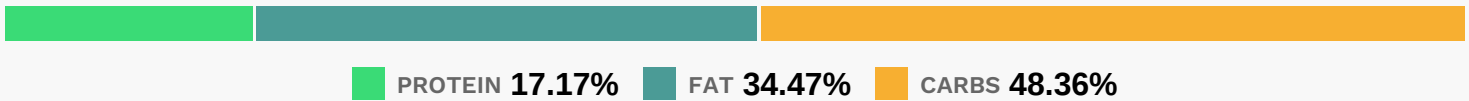
Equipment

- ☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add egg; cook until set, about 3 minutes.
- ☐ Top toast with cheese; place egg over cheese.
- ☐ Serve with apple slices on the side.
- ☐ Carb Star: Rye, pumpernickel, or sourdough bread
- ☐ to 3 grams of Resistant Starch per slice
- ☐ Bread made from rye, pumpernickel, or sourdough is rich in Resistant Starch and fiber. One Swedish study found that rye bread decreased hunger more than whole-wheat bread.

Nutrition Facts



Properties

Glycemic Index:111.33, Glycemic Load:19.85, Inflammation Score:-6, Nutrition Score:18.256956411445%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 428.98kcal (21.45%), Fat: 16.64g (25.6%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 45.23g (16.45%), Sugar: 18.24g (20.26%), Cholesterol: 214mg (71.33%), Sodium: 641.53mg (27.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Selenium: 43.05µg (61.5%), Vitamin B2: 0.61mg (35.6%), Phosphorus: 323.63mg (32.36%), Manganese: 0.6mg (29.82%), Fiber: 7.29g (29.15%), Calcium: 281.62mg (28.16%), Folate: 104.25µg (26.06%), Vitamin B1: 0.33mg (22.08%), Zinc: 2.46mg (16.41%), Iron: 2.91mg (16.17%), Vitamin B3: 2.62mg (13.1%), Vitamin A: 635.5IU (12.71%), Vitamin B5: 1.25mg (12.55%), Vitamin B12: 0.74µg (12.36%), Magnesium: 46.61mg (11.65%), Vitamin B6: 0.21mg (10.67%), Copper: 0.2mg (10.23%), Potassium: 356.23mg (10.18%), Vitamin C: 7.11mg (8.62%), Vitamin E: 1.21mg (8.1%), Vitamin D: 1.17µg (7.79%), Vitamin K: 4.87µg (4.64%)