

Spam and Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces cheddar cheese grated
- 2 eggs beaten
- 12 ounce spam lite fully cooked

Equipment

- frying pan

Directions

- Heat a non-stick skillet over medium heat.
- Pour in eggs, then Spam. Cook, stirring, until eggs are nearly done, then sprinkle cheese over, and stir until melted.

Nutrition Facts

PROTEIN 19.78% **FAT 75.22%** **CARBS 5%**

Properties

Glycemic Index:13.5, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:18.981739261876%

Nutrients (% of daily need)

Calories: 714.39kcal (35.72%), Fat: 59.07g (90.88%), Saturated Fat: 23.81g (148.83%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.83g (3.21%), Sugar: 0.26g (0.28%), Cholesterol: 312.8mg (104.27%), Sodium: 2646.26mg (115.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.88%), Selenium: 60.48µg (86.4%), Phosphorus: 473.81mg (47.38%), Vitamin B1: 0.56mg (37.67%), Vitamin B2: 0.63mg (36.79%), Vitamin B3: 6.05mg (30.26%), Zinc: 4.31mg (28.75%), Vitamin B12: 1.46µg (24.29%), Vitamin B6: 0.47mg (23.26%), Calcium: 225.07mg (22.51%), Potassium: 778.25mg (22.24%), Vitamin D: 2.07µg (13.8%), Iron: 1.9mg (10.58%), Vitamin A: 521.66IU (10.43%), Vitamin E: 1.39mg (9.26%), Magnesium: 36.75mg (9.19%), Folate: 31.74µg (7.93%), Vitamin B5: 0.79mg (7.92%), Copper: 0.13mg (6.39%)