



Supa-Dupa Egg Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



727 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 ounce bread
- 1 eggs
- 0.3 pound extra ground beef lean
- 2 slices ham
- 1 serving catsup
- 1 serving mayonnaise
- 2 slices mozzarella cheese
- 1 slice tomatoes fresh

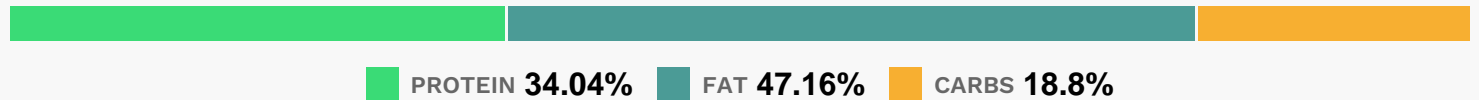
Equipment

- frying pan

Directions

- Place a frying pan over medium heat. Form the ground beef into a patty and cook to desired doneness. Fry egg in a small, lightly oiled pan over medium heat. Flip the egg over and cover with cheese. Cook until the yolk has hardened and the cheese has melted.
- Spread ketchup and mayonnaise onto the bread slices .
- Place the egg on one of the slices of bread.
- Heat the ham in the pan, and place on top of the egg. Top with hamburger and tomato slices.
- Place the other slice of bread on top, and slice in half.

Nutrition Facts



Properties

Glycemic Index:173.67, Glycemic Load:15.09, Inflammation Score:-7, Nutrition Score:34.738260932591%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 726.92kcal (36.35%), Fat: 37.54g (57.75%), Saturated Fat: 15.6g (97.52%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 31.04g (11.29%), Sugar: 7.92g (8.8%), Cholesterol: 315.15mg (105.05%), Sodium: 1588.33mg (69.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.96g (121.93%), Selenium: 72.11µg (103.02%), Vitamin B12: 4.59µg (76.45%), Phosphorus: 716.45mg (71.64%), Zinc: 9.96mg (66.4%), Vitamin B3: 12.36mg (61.82%), Vitamin B2: 0.84mg (49.5%), Vitamin B1: 0.66mg (44.18%), Vitamin B6: 0.86mg (43.08%), Calcium: 401.08mg (40.11%), Manganese: 0.77mg (38.51%), Iron: 6.38mg (35.45%), Potassium: 843.19mg (24.09%), Vitamin B5: 2.24mg (22.41%), Folate: 85.79µg (21.45%), Magnesium: 80.41mg (20.1%), Vitamin A: 926.26IU (18.53%), Copper: 0.29mg (14.25%), Vitamin K: 13.66µg (13.01%), Vitamin E: 1.69mg (11.28%), Vitamin D: 1.62µg (10.8%), Fiber: 2.64g (10.55%), Vitamin C: 4.43mg (5.37%)