



The Cheesy, Hammy Euro Special

READY IN



45 min.

SERVINGS



1

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 1 muffin english
- ☐ 0.8 ounce fontina shredded
- ☐ 0.3 teaspoon oregano fresh chopped
- ☐ 0.5 slice pancetta

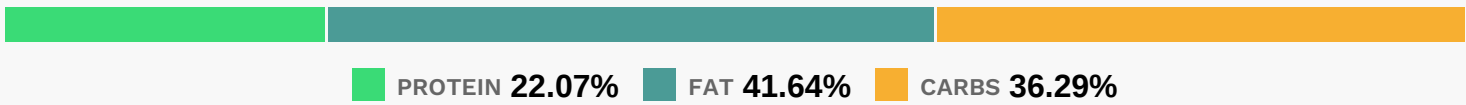
Equipment

- ☐ panini press

Directions

- ☐ Place bottom half of English muffin on bottom plate of hot sandwich maker; top with fontina cheese and prosciutto.
- ☐ Combine chopped fresh oregano and egg.
- ☐ Pour egg mixture onto egg cooking plate; sprinkle with pepper. Top with other muffin half. Close sandwich maker; cook 5 minutes.
- ☐ Remove according to instructions.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:18.64, Inflammation Score:-6, Nutrition Score:10.347391401296%

Nutrients (% of daily need)

Calories: 306.79kcal (15.34%), Fat: 14.01g (21.55%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 25.65g (9.33%), Sugar: 0.54g (0.6%), Cholesterol: 213.3mg (71.1%), Sodium: 532.23mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Selenium: 19.27µg (27.53%), Phosphorus: 255.27mg (25.53%), Vitamin B2: 0.37mg (21.53%), Calcium: 183.87mg (18.39%), Vitamin B12: 0.85µg (14.08%), Manganese: 0.28mg (13.89%), Zinc: 1.85mg (12.35%), Folate: 47.09µg (11.77%), Vitamin B5: 1.14mg (11.42%), Vitamin A: 475.48IU (9.51%), Vitamin B1: 0.14mg (9.32%), Iron: 1.66mg (9.2%), Vitamin D: 1.14µg (7.62%), Fiber: 1.81g (7.26%), Vitamin B6: 0.14mg (7.19%), Copper: 0.12mg (6.15%), Magnesium: 23.2mg (5.8%), Vitamin B3: 1.15mg (5.74%), Potassium: 174.82mg (4.99%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.22µg (4.02%)