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## Ham, Egg & Cheese Texas Toast Breakfast Sandwich ♦

A delicious breakfast sandwich made with ham, egg, and cheese on Texas toast. Perfect for a hearty breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 slices Ham

2 large Egg

2 slices cheese

4 slices texas toast

# Directions

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## Step 1

### Preheating

Preheat a skillet or griddle over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

### Grilling

Cook the ham slices on the skillet for 2-3 minutes per side until heated through.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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## Step 3

### Frying

In a separate skillet, cook the eggs to your desired doneness.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 4

## Toasting

Toast the Texas toast slices until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 5

Assemble the sandwich by layering the ham, egg, and cheese on one slice of Texas toast, then top with another slice of Texas toast.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 18 g

**Protein:** 30 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
Cholesterol	250 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

**Seasonality**

Spring

**Meal Type**

Breakfast

Lunch

Snack

Brunch

Supper

## Nutritional Content

Low Calorie

## Course

Side Dishes

Drinks

Breads

Snacks

## Cultural

Chinese New Year

Diwali

Passover

Halloween

## Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

## Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

## Difficulty Level

Easy

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