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English Muffin with Egg, Ham & Tillamook Cheese ♦♦

A delicious breakfast sandwich made with English muffins, scrambled eggs, ham, and Tillamook cheese. Perfect for a quick and satisfying breakfast.

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

100 g	english muffin
50 g	Egg
50 g	Ham
30 g	tillamook cheese

Directions

Step 1

Toasting

Toast the English muffin.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cooking

Scramble the eggs and cook them in a non-stick pan.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Assembling

Layer the ham and Tillamook cheese on one half of the English muffin.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Assembling

Place the scrambled eggs on top of the ham and cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Assembling

Cover with the other half of the English muffin.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Nutritional Content

Low Calorie

Course

Side Dishes

Drinks

Breads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

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

Atkins Diet

Vegetarian Diet

Difficulty Level

Medium

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