

All Recipes

Al Recipe Builder

Similar Recipes

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)
----------	-------	------------------------------	--------------------------------

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%

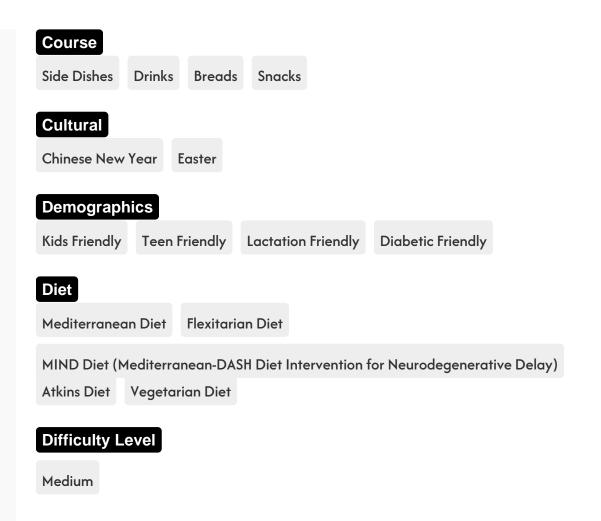
Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie



Visit our website: healthdor.com