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Black Forest Egg and Cheese ♦♦

A delicious and hearty breakfast sandwich made with eggs, cheese, and black forest ham. Perfect for starting your day off right!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 Eggs
pieces

4 slices black forest ham

2 slices cheddar cheese

2 english muffins
pieces

2 tbsp butter

1 tsp Salt

1 tsp Black pepper

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Toasting

Toast the English muffins and set aside.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

In a frying pan, melt the butter over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stove

Crack the eggs into the pan and season with salt and black pepper. Cook until the whites are set but the yolks are still runny, about 3 minutes.

Prep Time: 1 mins

Cook Time: 3 mins

Step 5

Oven

Meanwhile, heat the black forest ham in the oven for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Assembly

Assemble the sandwiches by placing a slice of cheese on the bottom half of each English muffin. Top with a cooked egg and a slice of black forest ham. Place the top half of the English muffin on top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	250 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	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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