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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 pieces	Eggs
4 slices	black forest ham
2 slices	cheddar cheese
2 pieces	english muffins
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



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

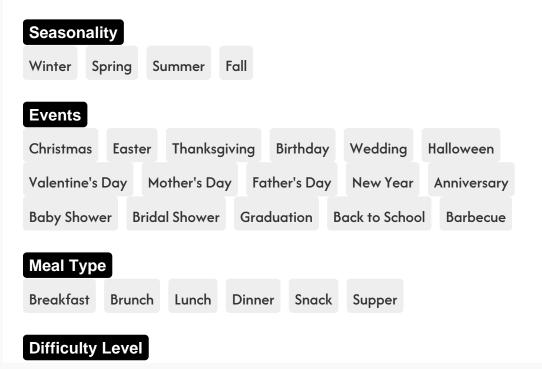
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%

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



Easy

Visit our website: <u>healthdor.com</u>