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## Salsa, Egg, and Cheese Sandwich ♦

A delicious sandwich made with salsa, eggs, and cheese. Perfect for 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

100 g	Salsa
2 pieces	Egg
50 g	cheese
4 slices	bread

### Directions

## Step 1

Stove

Heat a non-stick pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Crack the eggs into a bowl and whisk them until well beaten.

**Prep Time:** 3 mins

**Cook Time:** 3 mins

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## Step 3

Stove

Pour the beaten eggs into the heated pan and cook until set, about 3 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 4

Toaster

Toast the bread slices.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Spread salsa on one side of each toasted bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Place the cooked eggs on top of the salsa on one bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Place the cheese on top of the eggs.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Cover with another bread slice, salsa side down.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Repeat steps 5-8 with the remaining ingredients to make another sandwich.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Cut

Cut the sandwiches in half and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

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## 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	3 g	7.89%	12%
Sugars	5 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	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring

Summer

### Meal Type

Breakfast

Lunch

Snack

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

## Course

Appetizers

Main Dishes

Side Dishes

Salads

## Difficulty Level

Medium

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