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## Fried Egg and Ham Sandwich ♦

A classic sandwich made with fried eggs and ham. Perfect for breakfast or lunch.

**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

4 Eggs  
pieces

4 slices ham

4 slices bread

2 tbsp butter

### Directions

## Step 1

Stove

Heat a non-stick pan over medium heat and melt the butter.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Crack the eggs into the pan and cook until the whites are set and the yolks are still runny, about 2-3 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 3

Toaster

While the eggs are cooking, toast the bread slices.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

Place a slice of ham on each bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Top each ham slice with a fried egg.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Cover with the remaining bread slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

**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

### 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	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
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	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Meal Type

Breakfast Lunch Snack

### Course

Sauces & Dressings Appetizers Main Dishes Side Dishes Salads Snacks

### Cultural

Chinese New Year Diwali

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet The Israeli Army Diet

### Difficulty Level

Medium

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