



## Egg on-the-go Sandwich

### U.S.

12 large	Eggs
6 slices	Cheddar Cheese
1 cup	Spinach
6 slices	Tomato
6 slices	Ham, reduced sodium
6 each	English Muffin, Whole Wheat, toasted

### Metric

12 large
6 slices
30 g
6 slices
6 slices
6 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Whisk together the eggs in a small bowl.
3. Cook eggs in a nonstick pan over medium heat.
4. Assemble sandwich: Bottom of English muffin, ham, spinach, egg, cheddar cheese, and top of muffin.
5. Place in oven and heat until all components are heated through.

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### **Nutrition Facts**

**Serving size**                      **1 sandwich**  
**Servings**                              **6**

<b>Calories</b>	400
Calories from Fat	170
Total Fat	19 g
Saturated Fat	7 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	405 mg
Sodium	920 mg
Carbohydrates	27 g
Dietary Fiber	3 g
Sugars	4 g
Protein	31 g
Vitamin A	25 %
Calcium	30 %
Vitamin C	6 %
Iron	10 %
Phosphorus	370 mg

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