

Egg in toast

by Waldemar Tomme

Ingredients

Ingredient	Amount
Toast	2
Egg	2
Oil	1 tbsp

Instructions

1. Cut hole in toast
2. Put oil in pan
3. Put toast in pan
4. Put egg in hole
5. Season
6. Turn over
7. Done.

Nutrients



A medium egg (53g) has been used for this calculation.

Nutrient	per 100g	Total
Energy	220kCal	418kCal
Carbohydrates	18g	34g
Dietary Fiber	0g	0g
Sugar	3g	5g
Fat	13g	22g
Saturated Fat	3g	5g
Trans Fat		
Cholesterol	209mg	396mg
Sodium	70mg	132mg
Protein	12g	21g
Vitamin A	6%	11%
Vitamin C	0%	0%
Calcium	4%	6%
Iron	4%	7%

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