

# Egg in toast

by Waldemar Tomme

## Ingredients

Ingredient	Amount
Toast	1
Egg	1
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.



This probably needs to be recalculated because the toast may have been added incorrectly.

Nutrient	per 100g	Total
<b>Energy</b>	178kCal	256kCal
<b>Carbohydrates</b>	13g	18g
Dietary Fiber	0g	0g
Sugar	3g	3g
<b>Fat</b>	10g	13g
Saturated Fat	3g	4g
Trans Fat		
<b>Cholesterol</b>	275mg	396mg
<b>Sodium</b>	92mg	132mg
<b>Protein</b>	13g	18g
<b>Vitamin A</b>	8%	11%
<b>Vitamin C</b>	0%	0%

<b>Nutrient</b>	<b>per 100g</b>	<b>Total</b>
<b>Calcium</b>	5%	6%
<b>Iron</b>	5%	7%

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