

# Breakfast Sandwich

1 Serving • 1 Serving = 1 Sandwich



## INGREDIENTS

- 1 whole wheat thin round or whole wheat English muffin
- ½ teaspoon unsalted butter
- 1 egg
- 1 Tablespoon cheddar cheese, shredded
- 1/5 small avocado
- 2 slices tomato
- Optional: 1 slice uncured ham

## DIRECTIONS

1. Toast the whole wheat round or English muffin in a toaster. Set aside.
2. Heat a non-stick skillet over medium-low heat. Add butter and melt gently. Add egg and scramble until fully cooked. Top with shredded cheese and let the cheese melt slightly.
3. Smash the avocado on the bottom piece of the whole wheat round or English muffin. Top with tomato slices, slice of ham, and scrambled egg. Close with the top slice of the whole wheat round.

## Nutrition Facts

1 servings per container

**Serving size** 1 sandwich

**Amount per serving**

**Calories** **330**

% Daily Value\*

**Total Fat** 16g 21%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 200mg 67%

**Sodium** 370mg 16%

**Total Carbohydrate** 32g 12%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 1mcg 6%

Calcium 148mg 10%

Iron 3mg 15%

Potassium 354mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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