## **Cheesy Baked Egg** in Toast

## Ingredients

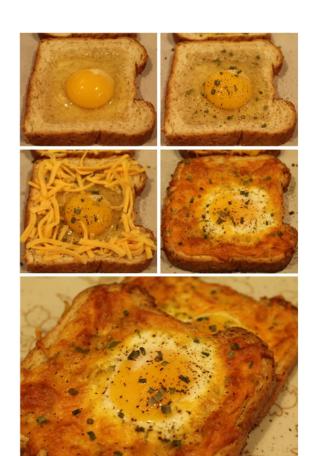
- 1 slice of wheat bread
- 1 pat of butter
- 1 egg
- 1/8 to 1/4 cup shredded cheddar cheese
- Salt and pepper
- Snipped chives

## Instructions

Preheat your oven to 350°F. Butter one side of the bread. Place the bread buttered side down on a parchment paper covered baking sheet. Use a teaspoon or butter knife to depress the center portion of the bread, being careful to avoid the crust edges so you create a sunken rectangle.

Crack one egg into the sunken area of the bread. Sprinkle with salt, pepper, and snipped chives. Scatter shredded cheese around the egg. Place in the oven and bake for 10-12 minutes or until the egg is set and the cheese is lightly toasted.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Serving size: 1 slice Servings: 1	
Amount per serving  Calories	225
	% Daily Value*
Total Fat 14.1g	18%
Saturated Fat 7.1g	36%
Cholesterol 189mg	63%
Sodium 465mg	20%
Total Carbohydrate 12.1g	4%
Dietary Fiber 1.9g	7%
Total Sugars 2g	
Protein 12.8g	
Vitamin D 20mcg	99%
Calcium 157mg	12%
Iron 2mg	9%
Potassium 146mg	3%
*The % Daily Value (DV) tells you nutrient in a food serving contribut 2,000 calorie a day is used for get advice.	tes to a daily diet.