

# 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.*



## Nutrition Facts

Serving size: 1 slice

Servings: 1

Amount per serving

**Calories** **225**

% Daily Value\*

<b>Total Fat</b> 14.1g	<b>18%</b>
Saturated Fat 7.1g	<b>36%</b>
<b>Cholesterol</b> 189mg	<b>63%</b>
<b>Sodium</b> 465mg	<b>20%</b>
<b>Total Carbohydrate</b> 12.1g	<b>4%</b>
Dietary Fiber 1.9g	<b>7%</b>
Total Sugars 2g	
<b>Protein</b> 12.8g	
Vitamin D 20mcg	99%
Calcium 157mg	12%
Iron 2mg	9%
Potassium 146mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**