

# Three-Cheese Egg Dipped Breakfast Sandwich

This three-cheese breakfast sandwich dipped in maple syrup is a sweet and savory delight!



## INGREDIENTS

(Makes 4)

|                                            |             |
|--------------------------------------------|-------------|
| Eggs, large                                | 6           |
| <b>U.S. Milk, whole</b>                    | <b>80ml</b> |
| Bread Slices                               | 8           |
| <b>U.S. Monterey Jack Slices, 20g each</b> | <b>4</b>    |
| <b>U.S. Swiss Slices, 20g each</b>         | <b>4</b>    |
| <b>U.S. White Cheddar Slices, 20g each</b> | <b>4</b>    |
| Ham or Turkey Ham Slices, 30g each         | 8           |
| <b>U.S. Butter, unsalted</b>               | <b>24g</b>  |
| Maple Syrup                                | 60ml        |

## NUTRITIONAL CONTENT

U.S. Label

### Nutrition Facts

Serving Size (100g)  
Servings Per Container

Amount Per Serving

**Calories 220**    Calories from Fat 110

% Daily Value\*

**Total Fat 12g**    **18%**

Saturated Fat 6g    **30%**

Trans Fat 0g

**Cholesterol 140mg**    **47%**

**Sodium 480mg**    **20%**

**Total Carbohydrate 15g**    **5%**

Dietary Fiber 0g    **0%**

Sugars 6g

**Protein 13g**

Vitamin A 8%    •    Vitamin C 0%

Calcium 20%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

**Calories** 222kcal

**Total Fat** 12g

Saturated Fat 6g

Trans Fat 0g

Cholesterol 142mg

**Total Carbohydrates** 15g

Dietary Fiber 0g

Sugars 6g

**Protein** 13g

Calcium 206mg

Magnesium 17mg

Phosphorus 187mg

Potassium 158mg

Sodium 477mg

Iron 1mg

Vitamin A 390IU

Vitamin C 0mg

## PREPARATION

1. **Whip together eggs and milk and pour into a flat dish wide enough for the bread to fit into.**
2. **Build sandwiches; one slice of bread, one slice of monterey jack, one slice of ham, one slice of white cheddar, one slice of ham, one slice of swiss and one more slice of bread.**
3. **Repeat with the other three sandwiches.**
4. **Melt butter on a non-stick griddle or frying pan over medium heat.**
5. **Dip each sandwich into eggs, flip, dip again and griddle until light browned on both sides.**
6. **Cut each into 4 triangles and serve with warmed maple syrup.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. Photo Courtesy of Wisconsin Milk Marketing Board. ©2015 U.S. Dairy Export Council.