

Recipe Analyzer Results

A single serving of this recipe has 144 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 2

Amount per serving

Calories 144

% Daily Value*

Total Fat 5.4g 7%

Saturated Fat 1.4g 7%

Cholesterol 164mg 55%

Sodium 226mg 10%

Total Carbohydrate 15.4g 6%

Dietary Fiber 2g 7%

Total Sugars 1.9g

Protein 9g

Vitamin D 15mcg 77%

Calcium 44mg 3%

Iron 1mg 5%

Ingredients:

- 2 eggs
- 15 ml (1 tbsp) white vinegar
- 1 whole grain English muffin, split and toasted
- 1 pinch fresh ground pepper

Potassium 65mg

1%

Nutrition Facts

Servings: 2

**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**