



January 11- Toasted Cheese and Tomato English Muffin

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=689094>

Recipe

Ingredients:

- 1 English Muffin, halved
- 1 slice Provolone cheese, halved
- 2 slices tomato
- Garlic salt, to taste

Directions:

1. Cut 1 English Muffin in half and toast in toaster or oven.
2. Cut cheese into quarters and place on the two halves of toasted muffin.
3. Top cheese with slices of tomato.
4. Sprinkle with desired garlic salt and put in microwave for 30 seconds, or until cheese is melted.

Yield 1 serving

Nutrition Facts

Serving Size 1/2 English Muffin
(72.5g)
Servings Per Container 2

Amount Per Serving

Calories 130 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 220mg **9%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **6%**

Sugars <1g

Protein 7g **13%**

Vitamin A 2% • Vitamin C 0%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.