

Chipotle Swiss Egg Stacks

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Inspired by [A Couple Cooks](#)

Yield: 1 serving

Ingredients

1 whole wheat English muffin
1 (3/4-oz) wedge of light creamy Swiss cheese from The Laughing Cow
2 eggs
Ground chipotle powder, to taste
Pepper, to taste
Olive oil cooking spray

Directions

Toast the English muffin and spread each half with half of the Swiss cheese. Sprinkle with chipotle powder, to taste.

Cook the eggs: Spray a skillet lightly with olive oil and heat over medium heat. Crack eggs into the skillet. When the bottom is cooked, flip gently, being careful to not break the yolk. Cook for a little while longer, until whites are cooked but yolks are still runny.

Place an egg on top of each English muffin half. Sprinkle with fresh cracked black pepper and more chipotle.

Nutrition information from My Fitness Pal

Nutritional Facts		
Calories	Total Fat (g)	17.1 g
	Saturated (g)	5.0 g
371	Polyunsaturated (g)	2.9 g
	Monounsaturated (g)	5.8 g
	Trans (g)	0 g
	Cholesterol (mg)	425.4 mg
	Sodium (mg)	617.7 mg
	Potassium (mg)	135.2 mg
	Total Carbs (g)	29.8 g
	Dietary Fiber (g)	4 g
	Sugars (g)	7.8 g
	Protein (g)	20.5 g
	Vitamin A	15.4%
	Vitamin C	0%
	Calcium	19.4%
	Iron	18.1%