

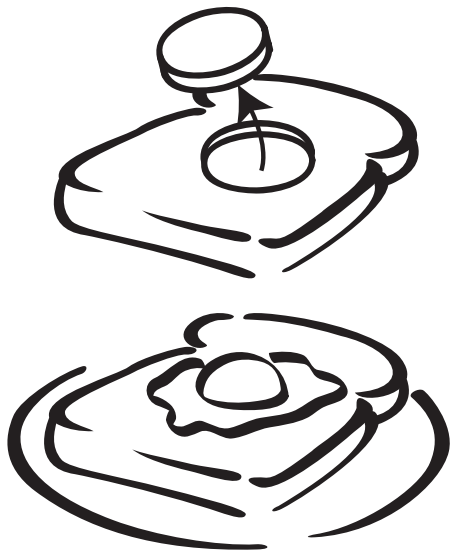


## Toad in the Hole

Servings: 1

1 slice whole-wheat bread or  
frozen whole-wheat waffle  
Nonstick cooking spray or margarine  
1 egg

1. Wash hands and surfaces.
2. Cut a hole in center of bread with a 2 to 3 inch cutter or drinking glass.
3. Heat a 10-inch skillet over medium-high heat. Melt margarine. Place slice of bread in skillet.
4. Break egg into hole. Immediately reduce heat to low.
5. Cook until bread is lightly browned, about 3 to 5 minutes. Turn over if desired.
6. Refrigerate leftovers immediately.



## Nutrition Facts

1 servings per container

**Serving size** 1 piece of bread  
(88g)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 185mg 62%

**Sodium** 210mg 9%

**Total Carbohydrate** 18g 7%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 10g

Vitamin D 1mcg 6%

Calcium 68mg 6%

Iron 2mg 10%

Potassium 69mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Power up with this recipe for breakfast.
- This recipe has less saturated fat and calories than a fast-food breakfast sandwich.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)