



Egg And Ham Jaffle

Green ACT/SA / Everyday NSW

Makes 10 serves

Ingredients:

- 10 large eggs, hard boiled and peeled
- 10 slices light ham, chopped in 2cm strips
- 2/3 cup light cheese, grated
- ¼ cup parsley, chopped
- 20 slices wholemeal bread

Method:

1. Roughly chop the egg and place into a large mixing bowl
2. Fold in to the egg mix the chopped ham, grated cheese and chopped parsley
3. Press mixture evenly on 10 slices of bread and place the top on them ready for toasting

Nutrition information:

	Per serve (166g)	Per 100g
Energy (kJ)	1191	735
Protein (g)	21.8	13.5
Fat – total (g)	9.4	5.8
Fat – saturated (g)	3.2	2
Carbohydrates – total (g)	25.7	15.9
Carbohydrates – sugar (g)	2.2	1.4
Sodium (mg)	755	466
Fibre (g)	4.6	2.8