

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Eggcellent English Muffin

Recipe makes: 1 serving

Prep time: 8 minutes

Cooking time: 5 minutes

Nutrition info per serving	1 portion
Calories	240
Carbohydrate	18 g
Protein	13 g
Fat	14 g
Total Sugars	3.5 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Eggcellent English Muffin

Ingredients:

- Half (33 g) whole wheat English muffin
- 1 large (50 g) egg
- 4 spinach leaves (40 g), fresh, washed and dried
- ¼ (34 g) avocado, sliced (washed and peeled)
- 1 Tbsp (7 g) cheddar cheese, shredded
- Salt and pepper to taste

Method:

1. Toast the English muffin half.
2. Poach or pan fry one egg and set aside.
3. Place the spinach leaves on the English muffin half.
4. Cut the piece of avocado into two slices, and place on top of the spinach.
5. Place the cooked egg on top of the sliced avocado and sprinkle with shredded cheese.
6. Add salt and/or pepper to taste.

Chef's tip: Add a little hot sauce on top for extra flavor.



Innovation in Nutrition

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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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