

# Re: Ultimate Healthy Snack – Homemade

---

*Source:* <http://sci.tech–archive.net/Archive/sci.med.nutrition/2006–10/msg00126.html>

---

- *From:* "TC" <[tunderbar@xxxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxxx)>
  - *Date:* 13 Oct 2006 10:50:00 –0700
- 

ee wrote:

TC wrote:

flyawayteeks wrote:

Hi all,  
Here's a simple formula for a Snack, you will find hard to resist.

If you can go on a week without having one of these each day, then i must say you truly have Strong Discipline !

Ultimate Snack Ingredients :

2 Slices of Bread  
1 Egg  
pinch of Salt,pepper and sugar.  
2 Slices of Kraft Cheese  
Butter  
Kelloges Corn Flakes

Formulation :

spread some butter on both slice of bread.  
put one slice of cheese on each bread.  
beat up the egg. add a pinch of salt,pepper and sugar. and beat them up

well.  
fold the fresh Cornflakes into the Egg mix and evenly coat them.  
spread the egg coated cornflakes onto the bread over the

Re: Ultimate Healthy Snack – Homemade

cheese.  
top them with the other bread slice.

put into microwave on high for 15 seconds.

serve when ready.

Have fun !

<http://healthyslimmers.blogspot.com>

The only real food in the entire thing is the butter and the egg.

TC

What about the bread?

Eric

Modern bread is highly refined, it is ground, bleached, separated and re-constituted nutrient-deficient crap. Even the "whole wheat" bread is overly processed. Not to mention the fact that the grain and/or the flour could have been in storage for months and months, when the water soluble nutrients degrade over a matter of a few weeks.

In order to get all the nutrition from the grain, first it should be fresh, then it should be soaked or fermented and then low-temperature ground and baked as soon as possible.

White flour is, by definition, inherently nutrient deficient. And whole grain flour is just white flour with some of the "fiber", that was initially removed, mixed back in.

Grains make good food for birds and animals with four stomachs but it really isn't all that useful as human food.

Bread, white, commercially prepared (includes soft bread crumbs)

New Search

Refuse: 0%

Scientific Name:

NDB No: 18069 (Nutrient values and weights are for edible portion)

Nutrient Units Value per  
100 grams Number  
of Data

Re: Ultimate Healthy Snack – Homemade

Points Std.

Error 1.00 X 1 slice

-----

25g

Proximates

Water g 36.44 8 0.129 9.11

Energy kcal 266 0 66

Energy kj 1113 0 278

Protein g 7.64 8 0.034 1.91

Total lipid (fat) g 3.29 8 0.043 0.82

Ash g 2.03 8 0.017 0.51

Carbohydrate, by difference g 50.61 0 12.65

Fiber, total dietary g 2.4 4 0.047 0.6

Sugars, total g 4.31 4 0.05 1.08

Sucrose g 0.00 4 0 0.00

Glucose (dextrose) g 1.38 4 0.024 0.34

Fructose g 1.83 4 0.022 0.46

Lactose g 0.00 4 0 0.00

Maltose g 1.10 4 0.028 0.28

Galactose g 0.00 4 0 0.00

Starch g 40.61 4 1.286 10.15

Minerals

Calcium, Ca mg 151 8 2.678 38

Iron, Fe mg 3.74 8 0.123 0.94

Magnesium, Mg mg 23 8 0.521 6

Phosphorus, P mg 99 8 1.148 25

Potassium, K mg 100 8 3.12 25

Sodium, Na mg 681 8 8.561 170

Zinc, Zn mg 0.74 8 0.046 0.18

Copper, Cu mg 0.253 8 0.02 0.063

Manganese, Mn mg 0.478 7 0.061 0.119

Fluoride, F mcg 48.9 44 2.244 12.2

Selenium, Se mcg 17.3 3 0.667 4.3

Vitamins

Vitamin C, total ascorbic acid mg 0.0 2 0.0

Thiamin mg 0.455 4 0.02 0.114

Riboflavin mg 0.331 4 0.018 0.083

Niacin mg 4.385 4 0.041 1.096

Pantothenic acid mg 0.203 2 0.051

Vitamin B-6 mg 0.084 4 0.002 0.021

Folate, total mcg 111 7 5.32 28

Folic acid mcg 86 7 2.283 22

Folate, food mcg 25 7 5.281 6

Folate, DFE mcg\_DFE 171 0 43

Choline, total mg 14.6 0 3.6

Betaine mg 101.9 0 25.5

Vitamin B-12 mcg 0.00 2 0.00

Vitamin B-12, added mcg 0.00 0 0.00

Vitamin A, IU IU 0 1 0

Vitamin A, RAE mcg\_RAE 0 1 0

Retinol mcg 0 0 0

Re: Ultimate Healthy Snack – Homemade

Re: Ultimate Healthy Snack – Homemade

Vitamin E (alpha-tocopherol) mg 0.22 0 0.06

Vitamin E, added mg 0.00 0 0.00

Vitamin K (phylloquinone) mcg 3.1 2 0.8

Lipids

Fatty acids, total saturated g 0.717 0 0.179

4:0 g 0.000 4 0 0.000

6:0 g 0.000 4 0 0.000

8:0 g 0.000 4 0 0.000

10:0 g 0.000 4 0 0.000

12:0 g 0.000 4 0 0.000

14:0 g 0.000 4 0 0.000

15:0 g 0.000 3 0 0.000

16:0 g 0.379 4 0.005 0.095

17:0 g 0.000 4 0 0.000

18:0 g 0.338 4 0.004 0.085

20:0 g 0.000 4 0 0.000

22:0 g 0.000 4 0 0.000

24:0 g 0.000 4 0 0.000

Fatty acids, total monounsaturated g 0.681 0 0.170

14:1 g 0.000 4 0 0.000

15:1 g 0.000 1 0.000

16:1 undifferentiated g 0.000 4 0 0.000

17:1 g 0.000 4 0 0.000

18:1 undifferentiated g 0.681 4 0.016 0.170

20:1 g 0.000 4 0 0.000

22:1 undifferentiated g 0.000 4 0 0.000

Fatty acids, total polyunsaturated g 1.355 0 0.339

18:2 undifferentiated g 1.216 4 0.034 0.304

18:3 undifferentiated g 0.139 4 0.004 0.035

18:4 g 0.000 4 0 0.000

20:4 undifferentiated g 0.000 4 0 0.000

20:5 n-3 g 0.000 4 0 0.000

22:5 n-3 g 0.000 4 0 0.000

22:6 n-3 g 0.000 4 0 0.000

Cholesterol mg 0 2 0

Phytosterols mg 0 0 0

Amino acids

Tryptophan g 0.089 0 0.022

Threonine g 0.225 0 0.056

Isoleucine g 0.298 0 0.074

Leucine g 0.533 0 0.133

Lysine g 0.203 0 0.051

Methionine g 0.135 0 0.034

Cystine g 0.162 0 0.041

Phenylalanine g 0.373 0 0.093

Tyrosine g 0.220 0 0.055

Valine g 0.335 0 0.084

Arginine g 0.281 0 0.070

Histidine g 0.165 0 0.041

Alanine g 0.263 0 0.066

Aspartic acid g 0.361 0 0.090

Re: Ultimate Healthy Snack – Homemade

Glutamic acid g 2.470 0 0.618  
Glycine g 0.272 0 0.068  
Proline g 0.823 0 0.206  
Serine g 0.367 0 0.092  
Other  
Alcohol, ethyl g 0.0 0 0.0  
Caffeine mg 0 0 0  
Theobromine mg 0 0 0  
Carotene, beta mcg 0 0 0  
Carotene, alpha mcg 0 0 0  
Cryptoxanthin, beta mcg 0 0 0  
Lycopene mcg 0 0 0  
Lutein + zeaxanthin mcg 44 0 11

TC

.