



BACON AND EGG SANDWICH

Grab and go breakfast for a busy morning

5 minutes

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1 portion

INGREDIENTS

- 2 slices of bread, whole-wheat, commercially prepared [64 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 3 slices [6 oz pkg] of bacon, turkey, unprepared [29 g]
- 1/2 tsp of oil, coconut [2 g]
- 1 outer leaf of lettuce, green leaf, raw [24 g]
- 25 grams of cheese, cheddar

COOKING METHOD

- 1° Cook bacon in a medium nonstick skillet over medium heat until crisp, about 3 minutes; set on paper towels to drain.
- 2° beat the eggs and season to taste. Scramble eggs over medium heat; top with cheese. Cover skillet; cook over low heat until cheese melts.
- 3° Lift eggs with spatula onto the toasted bread slice, add bacon and lettuce and top up with the other slice of toasted bran bread
Or place the ingredient over the wrap [50 gr is 1 un] and roll it over to make a sandwich

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [245 g]	% DRI
ENERGY	202 kcal	495 kcal	25 %
FAT	11 g	27 g	42 %
FATTY ACIDS, TOTAL SATURATED	5 g	12 g	60 %
CHOLESTEROL	173 mg	424 mg	141 %
SODIUM	372 mg	909 mg	38 %
CARBOHYDRATE	12 g	30 g	10 %
SUGARS	1 g	3 g	—
FIBER	2 g	4 g	17 %
PROTEIN	13 g	32 g	—