

Breakfast Sandwiches



Servings: 4

Ingredients

- 4 Greek yogurt bagels (see corresponding recipe)
- 4 eggs
- 1 avocado
- 1 tomato
- 1 cup greens or sprouts (your choice)
- ½ cup of shredded cheddar cheese
- Optional: hot sauce
- 4 mason jar lids (optional)

Directions:

1. Prepare your eggs: Note, you can make a perfectly circular egg by using a mason jar lid: Put the metal lid in the pan first, then crack your egg into the opening and cook until your egg is done. Top with 2 tbsp of shredded cheese, salt and pepper.
2. Alternatively, you can make your egg in the microwave. Crack one egg and add 1 tbsp water into a bowl, whisk, and microwave for 1 minute. Then top with 2 tbsp cheese per egg.
3. Slice 1 avocado and 1 tomato
4. Assemble the breakfast sandwich: slice the bagel, add the egg and cheese, top with tomato, avocado and greens.

Empower Egg Sandwich		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	230.3	
% Daily Value*		
Total Fat	14.8 g	19 %
Saturated Fat	4.7 g	24 %
Trans Fat	0 g	
Cholesterol	179.7 mg	60 %
Sodium	723.2 mg	31 %
Total Carbohydrate	8.7 g	3 %
Dietary Fiber	2.8 g	10 %
Total Sugars	3.5 g	
Added Sugars	0 g	0 %
Protein	17 g	
Vitamin D	1.1 mcg	5 %
Calcium	332.7 mg	26 %
Iron	1.2 mg	7 %
Potassium	417.5 mg	9 %

* The % Daily Value (DV) 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.

Full info at cronometer.com