

Soft Boiled Egg Bagel Sandwich

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-bagel-recipe>

Ingredients:

- 1 egg
- 1 bagel or bagel thin
- 2 slices cheese preferably pepper jack
- 1 tomato small, sliced
- 1 slice onion
- 1/4 avocado

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 270 milligrams
4. Fat: 33 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 14 grams
8. Sodium: 900 milligrams
9. Sugar: 15 grams

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