

Veggie Breakfast Sandwich

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-breakfast-sandwich-recipe>

Ingredients:

- 1 whole wheat english muffin sliced in half and toasted, or two fairly small slices of bread, toasted
- 2 teaspoons mayonnaise
- 1/2 ripe avocado mashed
- salt
- freshly ground black pepper
- 1 large egg
- 1/2 teaspoon water
- 1 teaspoon butter oil
- 2 slices cheddar cheese about 1/2 ounce, any other melty cheese will do
- 1 slice red tomato ripe, if tomatoes are in season, optional
- red onion Thinly sliced
- 1 dash hot sauce like Tabasco or Cholula
- 1 handful arugula or sprouts

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 285 milligrams
4. Fat: 47 grams
5. Fiber: 12 grams
6. Protein: 30 grams
7. SaturatedFat: 18 grams
8. Sodium: 1540 milligrams
9. Sugar: 7 grams

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