



GREEN EGGS AND BACON BAGEL BREAKFAST

This bagel breakfast recipe, with layers of bacon, egg and spinach, is ready in just 5 minutes and can be wrapped up to eat on the go.

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 1 plain bagel [70 g]
- 1 rasher of back bacon, fat trimmed and grilled [25 g]
- 1/2 teaspoon of olive oil [2 g]
- 1 large whole egg
- ½ cup baby spinach, coarsely chopped
- Pinch of freshly ground pepper

COOKING METHOD

- 1° Slice bagel in half and toast according to packet instructions.
- 2° Trim bacon and then grill according to packet instructions. Place the grilled bacon on the bottom half of the toasted bagel.
- 3° Heat oil in a small non-stick frying pan over a medium-high heat. Add the egg, spinach and pepper and cook, stirring, until set, about 1 minute. Place the egg mixture on the bacon. Top with the remaining bagel half.
- 4° Cut in half to serve, if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [162 g]	% DRI
ENERGY	218 kcal	352 kcal	18 %
PROTEIN	12 g	20 g	39 %
CARBOHYDRATE	26 g	41 g	16 %
SUGARS	2 g	4 g	4 %
FAT	8 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	19 %
FIBER	2 g	2 g	10 %
SODIUM	440 mg	710 mg	30 %