



## TOAST WITH TOMATO, HUMMUS, AND EGG

 5 horas  
 1 porción

### INGREDIENTES

- 1 ripe tomato, grated or chopped as preferred (75g)
- 2 tablespoons of chickpea hummus
- 2 slices of whole-grain bread
- 1 medium poached egg (50g)

### MÉTODO DE PREPARACIÓN

- 1º Toast the bread. Add a tablespoon of hummus to each slice. Top with tomato. Finish with 1 egg, cooked or as an omelette, divided between the two toasts.

### INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (200 g)	% DDR
ENERGÍA	160 kcal	320 kcal	16 %
GRASA	8 g	17 g	26 %
GRASAS SATURADAS	2 g	3 g	16 %
COLESTEROL	94 mg	189 mg	63 %
SODIO	164 mg	327 mg	14 %
H. CARBONO	13 g	26 g	9 %
AZÚCARES	2 g	4 g	—
FIBRA ALIMENTARIA	2 g	5 g	18 %
PROTEÍNA	7 g	14 g	—