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## Egg and Veggie Breakfast Sandwich

The Egg and Veggie Breakfast Sandwich is a delicious and nutritious way to start your day. It is a vegetarian recipe that combines eggs, vegetables, and bread to create a satisfying and filling breakfast option. The sandwich can be customized with your favorite vegetables and seasonings, making it a versatile and flavorful choice. Whether you're looking for a quick and easy breakfast or a hearty meal to fuel your day, this recipe is sure to please.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 pieces	Eggs
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100 g	Bell peppers
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<b>50 g</b>	onion
<b>50 g</b>	spinach
<b>100 g</b>	Tomato
<b>50 g</b>	Cheddar Cheese
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>1 tbsp</b>	olive oil
<b>4 slices</b>	Bread

## Directions

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### Step 1

#### Mixing

In a bowl, beat the eggs and season with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

#### Sautéing

Heat olive oil in a pan over medium heat. Add the chopped bell peppers and onion. Cook until softened.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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### Step 3

Sautéing

Add the spinach and tomato to the pan. Cook until the spinach wilts.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 4

Cooking

Pour the beaten eggs into the pan and cook, stirring occasionally, until they are scrambled and fully cooked.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 5

Toasting

Toast the bread slices.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

### Assembly

Place the scrambled eggs and vegetable mixture on one slice of bread. Top with cheddar cheese and cover with another slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

### Assembly

Repeat with the remaining bread slices and filling to make another sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

### Serving

Serve the Egg and Veggie Breakfast Sandwiches warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Course

Breads

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

Soups

### Difficulty Level

Medium

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