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Egg and Greens Sandwich

The Egg and Greens Sandwich is a delicious and nutritious meal that can be enjoyed for breakfast, brunch, or lunch. It consists of a fluffy egg omelette filled with fresh greens such as spinach, arugula, and kale, and is served on toasted whole wheat bread. This sandwich is packed with protein, vitamins, and minerals, making it a healthy and satisfying option for any time of the day.

Recipe Type: Standard

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 units | Eggs |
| 50 g | spinach |
| 50 g | Arugula |
| 50 g | kale |

| | |
|-----------------|-------------------|
| 4 slices | whole wheat bread |
| 1 tsp | Salt |
| 1 tsp | Pepper |
| 2 tbsp | olive oil |

Directions

Step 1

Mixing

In a bowl, whisk the eggs with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Heating

Heat olive oil in a non-stick skillet over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Cooking

Pour the whisked eggs into the skillet and cook until set, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Resting

Remove the omelette from the skillet and let it cool slightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Plating

Place the omelette on a slice of toasted whole wheat bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Top with spinach, arugula, and kale.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Plating

Cover with another slice of toasted whole wheat bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Plating

Repeat steps 5-7 for the second sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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 | 5 g | 13.16% | 20% |
| Sugars | 2 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 | 2 g | 9.09% | 11.76% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 370 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 60 iu | 6.67% | 8.57% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 30 mcg | 1250% | 1250% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 15 mcg | 100% | 100% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 10 mg | 0.29% | 0.38% |
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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