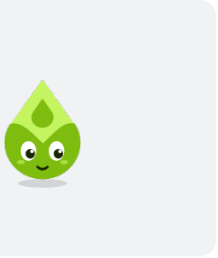
Breakfast

Fried Egg and Tomato Toast Sandwich

Runny-yolked fried eggs get stacked with tomato rounds and baby spinach leaves between slices of toasted low-carb bread for a warm sandwich you can eat right away.



Nut free

10 min	411	2.8 g	2.1 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 2 slices low-carb bread
- [ ] 2 eggs
- [ ] 2 slices tomato
- [ ] 1 teaspoon mayonnaise
- [ ] 1 teaspoon olive oil
- [ ] Baby spinach leaves

Method

1. Set a small non-stick pan over medium heat and pour in the olive oil to warm.
2. Slide the eggs into the hot pan, letting them fry until only the whites have turned firm while the yolks stay runny, or give them extra time in the pan if a fully set yolk is what you like.
3. Meanwhile, pop the low-carb bread into the toaster until each slice turns golden with a little crunch.
4. Take one of the warm slices and coat its surface with the mayonnaise.
5. Pile the fried eggs onto that slice, follow with the tomato and a handful of baby spinach leaves, then cap everything with the second slice of low-carb bread and eat the sandwich straight away, still warm.

Nutrition Facts

Per serving

Calories	**411**
Total fat	27.6 g
Saturated fat	4.7 g
Sodium	446 mg
Total carbs	2.8 g
Fiber	15.5 g
Total sugars	2.1 g
Protein	31 g

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