



Breakfast Bagel

COOKING TIME: 10 MINS



Healthy
UCD

SERVINGS: 1

Ingredients

- 1 Egg
- 1/2 Avocado
- 1 Bagel Thin
- 2 Turkey Rashers
- 1 slice of cheese

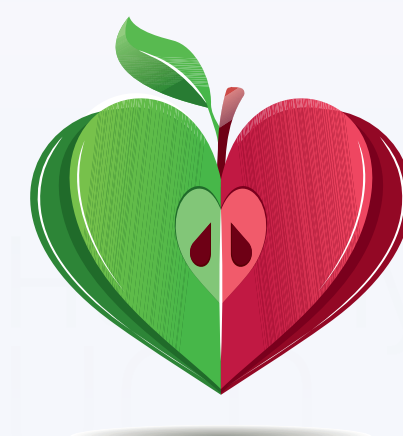
*use GF version if coeliac



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Ingredient	N GYT6	Cost (Tesco)	Aldi	Centra
Egg	1	26c	32c	€
Avocado	1/2	44c	54c	€
Bagel Thin	1	40c	48c	€
Turkey Rashers	2	66c	92c	
Cheddar Cheese	1	16c	38c	€
		1.92	2.64	



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Method

1. Fry/Scramble egg (season as desired) on pan alongside turkey rashers on stove top.
2. Slice avocado
3. Assemble bagel with the egg, rasher, cheese and avocado

If no toaster: throw bagel on pan & toast on each side

Dietary Information

	211g Serving	%RI
Energy (kcal)	415	21%
Fat	21	30%
of which saturates	5.8	29%
Carbohydrates	28	11%
Fibre	3.9	16%
Protein	27	54%
Salt	1.9	32%

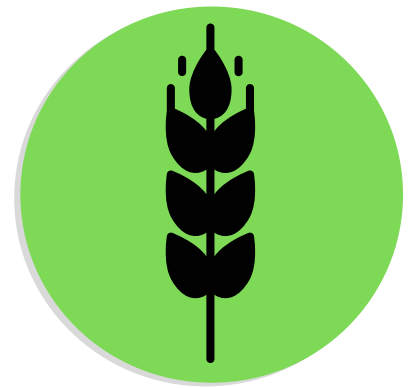
Allergy Information



Gluten free



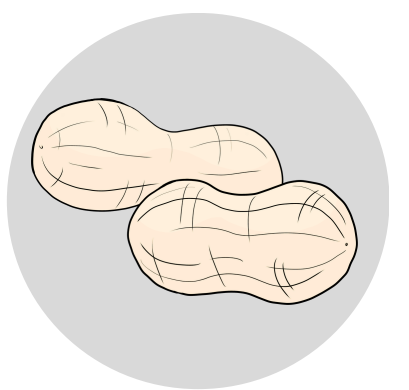
Vegetarian



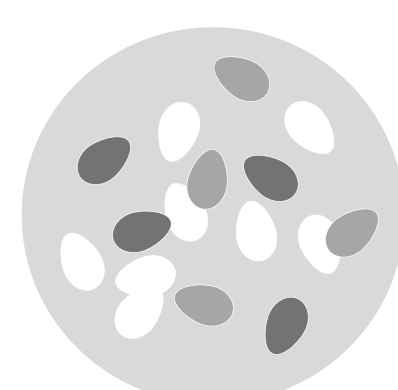
Contains gluten



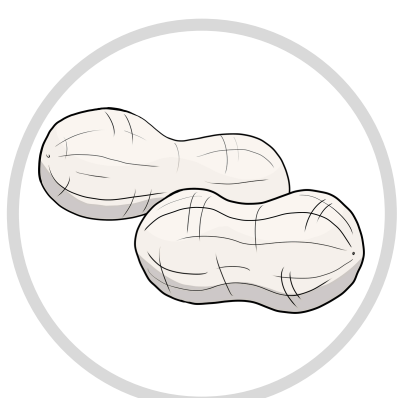
Vegan



Contains nuts



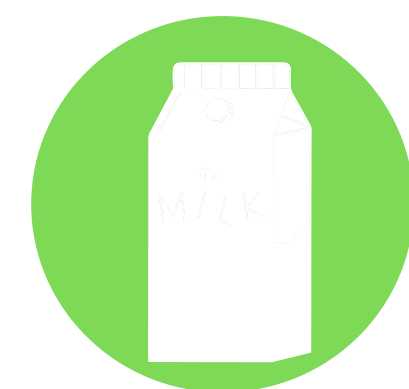
Contains sesame



May contain nuts



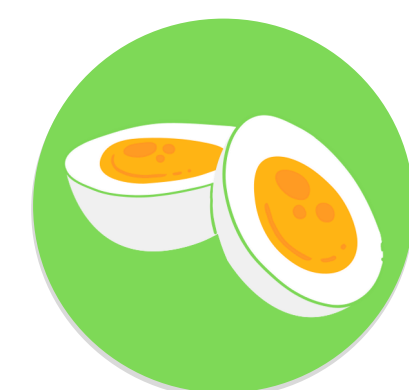
Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish

