Breakfast Burger Sandwich with Gusta's Seitan

Discover our mouthwatering breakfast sandwich recipe featuring Gusta's seitan burger, topp with flavorful mushrooms, egg, and melted Swiss cheese. Ready to tantalize your taste buds the morning, this vegetarian sandwich will sales you with its delicious flavors and irresistible



Preparation $3\ min$

Cooking 7 min

Servings 1

Nutrition Facts (per serving)

Calories 530 kcal

Fat 25 g

Carbohydrates 34 g

Fibre 6 g

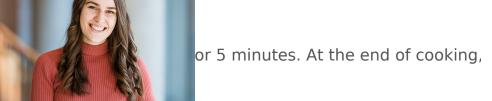
Protein 42 g

Sodium 820 mg

Preparation • 5 ml (1 tsp) light mayonnaise

• 1 tomato slice

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. In the same skillet over high heat, cook the egg according to your preference in butter for 2 Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine minutes. Season with pepper and salt. Set aside.

Registered Dietitian Nutritionist in Montreal North-Shore

Assemble the sandwich by nutting the mayonnaise on the toasted English muffin first then