

Breakfast Burger Sandwich with Gusta's Seitan

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



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

• 1 whole wheat English muffin, t

• 5 ml (1 tsp) light mayonnaise

• 1 tomato slice

. In a skillet over high heat, grill the

add the cheese slice on the hot se

Pepper and salt to taste

. In the same skillet over high heat, cook the egg according to your preference in butter for 2 minutes. Season with pepper and salt. Set aside.

Assemble the sandwich by putting the mayonnaise on the toasted English muffin first, then



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