

# Smoked Salmon Egg Sandwich 2.0

RELIEF FROM DIARRHEA

5 Min. Prep | 5 Min. Cook  
Makes 1 Serving

## Ingredients

- 1/2 tsp. Olive oil
- 1 Egg
- 2 Egg whites
- 1 Green onion, green part only chopped
- 1 ounce smoked salmon
- 1 slice tomato
- 2 slices gluten-free bread, toasted



## Directions

1. Add egg and egg whites to a small bowl and whisk together.
2. Heat oil in a small skillet over medium heat. Add eggs and green onions. Cook, stirring constantly until eggs are firm.
3. Place tomato on one slice of bread. Top with eggs, salmon, and another slice of bread.

## Notes

Enjoy as a delicious breakfast or lunch entrée.

Excellent source of protein to meet your energy needs.

## Nutrition Info

327 calories, 23g protein, 13g total fat, 2g saturated fat, 461mg sodium, 27g carbs, 3g fiber, 0g added sugars