



Roasted Broccoli, Tomato and Cheddar Frittata Breakfast Sandwich

A way to utilize leftover frittata into an on-the-go breakfast sandwich!

****Multiply by 4 for Class****

U.S.

1 each
1 each

Broccoli, Tomato & Cheddar frittata - see recipe
English Muffin, 100% whole wheat

Metric

1 each
1 each

Preparation:

1. Gather all ingredients and equipment.
2. Toast bread and then cut in half. Sandwich the frittata between the cut bread.

Nutrition Facts

1 Serving

Serving size **1 sandwich**

Amount per serving

Calories **210**

Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	125 mg
Sodium	390 mg
Total Carbohydrate	28 g
Dietary Fiber	5 g
Total Sugars	6 g
Includes 0g Added Sugars	
Protein	11 g
Vitamin D	4 %
Calcium	16 %
Iron	13 %
Potassium	300 mg
Phosphorus	265 mg
