

Turkey Bacon and Egg White Roll



Serves	Prep Time	Cooking	Total Time	Calories
1 person				278 kcal

Stuff that's in it:

- 2 Turkey Rashers ((Smoked))
 - 80G Egg White
 - Handful Peashoots
- Large Soft Brown Roll

What you do:

Grill your rashers each Side for 60/90 seconds.

Pour your egg white into a bowl and microwave for 1.30 seconds.

Warm your roll.

Whack it all together and serve with your fave sauce.

Nutrition

- Carbs: 28g
- Fat: 4g
- Protein: 29g

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