

# Turkey Bacon, Scrambled egg and Mushroom



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>284 kcal</b>

### Stuff that's in it:

- 1 Protein Sandwich Thin
- 1 Egg
- 35G Tomatoes (Sliced)
- 70G Large Field Mushroom
- 2 Smoked Turkey Rashers
- 50G Egg Whites
- 3G Brown Sauce

### What you do:

Fry or grill your mushroom and Turkey rasher until cooked, Turkey rashers cook very quickly so be careful not to dry them out.

Whisk your egg and egg whites together and microwave for around 1-2 minutes until fluffy.

Pop your thin into the toaster for a minute, then fill it with the Turkey, egg, mushroom and tomato, top with your favourite sauce.

### Nutrition

- Carbs: 18g

- Fat: 7g
- Protein: 32g

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