



some neutral oil or soy-free vegan butter to the inside of the bun and set on a hot skillet over medium-high heat for 2-4 minutes until toasty and browned. You can dry toast it without oil or butter; it may take a little longer to achieve a toasty texture and is easy with a nonstick skillet.

## Nutrition Facts

*Per serving:*

**Calories:** 293

**Fat:** 9 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 28%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrate:** 52 g

**Sugar:** 17 g

**Fiber:** 5 g

**Sodium:** 510 mg

**Calcium:** 39 mg

**Iron:** 1 mg

**Vitamin C:** 5 mg

**Beta-Carotene:** 249 mcg

**Vitamin E:** 2 mg