

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