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Sourdough Breakfast Sandwich with Bacon

This delicious breakfast sandwich features crispy bacon and a tangy sourdough bread. It's the perfect way to start your day!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 slices	Sourdough bread
4 slices	bacon
2 large	Eggs
2 slices	cheese
2 tbsp	butter

0.5
teaspoon

Salt

0.5
teaspoon

Pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

Cook the bacon in a skillet over medium heat until crispy, about 5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Toasting

Toast the sourdough bread slices in the preheated oven for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Frying

In a separate skillet, melt the butter over medium heat. Crack the eggs into the skillet and cook for 2-3 minutes until the whites are set but the yolks are still runny. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Assemble the sandwich by placing a slice of cheese on each toasted bread slice. Top with bacon and a fried egg. Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	9 g	40.91%	52.94%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender Oven Stove Pressure Cooker

Course

Appetizers Main Dishes Breads Snacks

Difficulty Level

Medium

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