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Croissant Sunrise Sandwich with Bacon

The Croissant Sunrise Sandwich with Bacon is a delicious breakfast sandwich that combines the flakiness of a croissant with the savory flavor of bacon. It is a perfect way to start your day with a filling and satisfying meal. The croissant is toasted to perfection, and the bacon is cooked until crispy. This sandwich is sure to become a favorite in your household.

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

200 g	croissants
150 g	bacon
2 pieces	Eggs

50 g	Cheese
100 g	Tomato
50 g	lettuce
30 g	mayonnaise

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the croissants in half horizontally.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Baking

Place the bacon on a baking sheet and cook in the preheated oven for 10-12 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Frying

While the bacon is cooking, fry the eggs in a non-stick skillet over medium heat until the whites are set but the yolks are still runny.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove the bacon from the oven and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Spreading

Spread mayonnaise on the bottom half of each croissant.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Layering

Layer the bacon, fried eggs, cheese, tomato, and lettuce on top of the mayonnaise.

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Place the top half of the croissant on the sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve immediately and enjoy!

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	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
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	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

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	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Stove

Microwave

Difficulty Level

Easy

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