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Breakfast Platter with Bacon

A delicious breakfast platter featuring crispy bacon, perfect for starting your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	bacon
4 pieces	Eggs
4 slices	bread
20 g	butter
2 pieces	Tomatoes
1 tsp	salt

1 tsp pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Oven

Place the bacon on a baking sheet and bake for 10-12 minutes until crispy.

Prep Time: 0 mins

Cook Time: 12 mins

Step 3

Stove

Heat a skillet over medium heat and melt the butter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

Crack the eggs into the skillet and cook until desired doneness.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Cutting

Slice the tomatoes.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Seasoning

Season the eggs with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Plating

Assemble the breakfast platter with bacon, eggs, toast, and sliced tomatoes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 650 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1200 mg	52.17%	52.17%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Summer

Meal Type

Breakfast Lunch Snack Brunch Supper

Nutritional Content

Low Calorie High Protein

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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