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## Bacon and Egg Breakfast Sandwich

A classic breakfast sandwich made with crispy bacon, eggs, and toasted bread. Perfect for a hearty breakfast or brunch.

**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

<b>4 slices</b>	bacon
<b>4 units</b>	Eggs
<b>4 slices</b>	bread
<b>2 tbsp</b>	butter
<b>1 teaspoon</b>	salt

1  
teaspoon pepper

## Directions

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### Step 1

Frying

Cook the bacon in a skillet over medium heat until crispy. Remove from the skillet and drain on paper towels.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Frying

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

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

Toasting

Toast the bread slices until golden brown.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 4

Assemble the sandwiches by placing bacon and eggs between two slices of toasted bread. Serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

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### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	8 mcg	53.33%	53.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Meal Type

Breakfast

Brunch

Lunch

Snack

### Course

Breads

Salads

Snacks

## Cultural

Chinese New Year

Cinco de Mayo

Easter

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Werewolf Diet

## Difficulty Level

Easy

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