



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Peppered Bacon, Egg & American Cheese Breakfast Griller on Ciabatta Bread (Medium 8")

A delicious breakfast sandwich made with peppered bacon, egg, and American cheese on a toasted ciabatta 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

100 g	peppered bacon
2 pieces	Egg
2 slices	american cheese

1  
medium ciabatta bread  
8"

## Directions

---

### Step 1

Frying

Cook the peppered bacon in a skillet until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 2

Frying

In a separate skillet, fry the eggs to desired doneness.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

---

### Step 3

Toasting

Toast the ciabatta bread slices.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 4

Assemble the sandwich by layering the bacon, eggs, and American cheese on the toasted ciabatta bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 25 g

**Protein:** 25 g

**Carbohydrates:** 30 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	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	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
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	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
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

### **Kitchen Tools**

Blender

### **Course**

Appetizers

Main Dishes

Breads

Snacks

Sauces & Dressings

### **Cultural**

Diwali

Easter

### **Demographics**

Kids Friendly

### **Difficulty Level**

Medium

Visit our website: [healthdor.com](https://healthdor.com)