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English Muffin Breakfast Side ♦♦

A delicious and versatile English muffin breakfast side that can be enjoyed with various toppings and accompaniments. English muffins are toasted to perfection and served alongside eggs, bacon, and fresh fruits for a satisfying and balanced breakfast.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

4 pieces	english muffins
4 pieces	Eggs
8 strips	bacon
200 g	fresh fruits (e.g., berries, banana)

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Oven

Slice the English muffins in half and place them on a baking sheet.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Oven

Toast the English muffins in the oven for 5 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

While the muffins are toasting, cook the bacon in a skillet over medium heat until crispy.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Stove

In another skillet, fry the eggs to your desired doneness.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Once the muffins are toasted, remove them from the oven and assemble the breakfast sides. Place a fried egg on each English muffin half, top with bacon, and serve with fresh fruits on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 18 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	4 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	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
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%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Side Dishes Drinks Breads Salads Snacks

Sauces & Dressings

Cultural

Chinese New Year Diwali Halloween

Demographics

Kids Friendly Teen Friendly Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Medium

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