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## Belgian Waffle Breakfast Sandwich

The Belgian Waffle Breakfast Sandwich is a delicious and filling breakfast option. It consists of fluffy Belgian waffles sandwiched with savory ingredients like eggs, bacon, and cheese. This sandwich is perfect for those who enjoy a sweet and savory combination in the morning. It can be enjoyed with a side of maple syrup or ketchup.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

300 g	belgian waffles
4 pieces	Eggs
200 g	bacon
200 g	Cheddar Cheese

100 ml maple syrup

100 ml ketchup

## Directions

### Step 1

Frying

Cook the bacon in a pan until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

Frying

Scramble the eggs in a separate pan.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

### Step 3

Toasting

Toast the Belgian waffles until golden brown.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 4

Assemble the sandwich by placing bacon, scrambled eggs, and cheddar cheese between two Belgian waffles.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Serve the sandwich with a side of maple syrup or ketchup.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 25 g

**Protein:** 15 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	10 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	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
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	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas

Easter

## Meal Type

Breakfast

Lunch

Snack

Brunch

Dinner

Supper

## Course

Snacks

## Cultural

Chinese New Year

Diwali

Oktoberfest

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

## Difficulty Level

Easy

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