

All Recipes

Al Recipe Builder

Similar Recipes

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

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

Step 5

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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

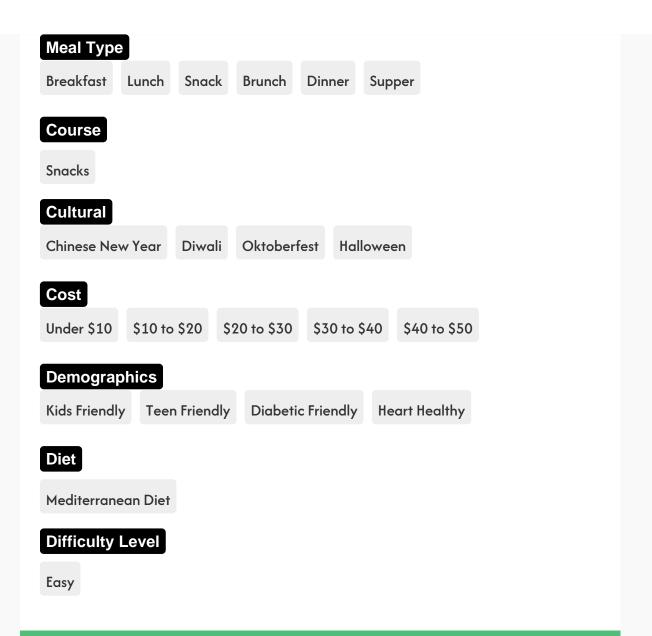
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes



Christmas

Easter



Visit our website: healthdor.com