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Waffle Breakfast Sandwich ..

A delicious and filling breakfast sandwich made with waffles, eggs, bacon, and cheese. Perfect for a hearty breakfast or brunch.

Recipe Type: Standard	Prep Time: 15 mins
Cook Time: 10 mins	Total Time: 25 mins
Recipe Yield: 200 grams	Number of Servings: 2
Serving Size: 100 g	

Ingredients

200 g	waffles
4 pieces	Eggs
100 g	bacon
100 g	cheese

Directions

Step 1

Frying

Cook bacon in a pan until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2



In a separate pan, scramble the eggs.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Toasting

Toast the waffles until golden brown.

Prep Time: 3 mins

Cook Time: 2 mins

Step 4

Assemble the sandwich by layering the bacon, scrambled eggs, and cheese between the waffles.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

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	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	250 mg	N/A	N/A

Vitamins

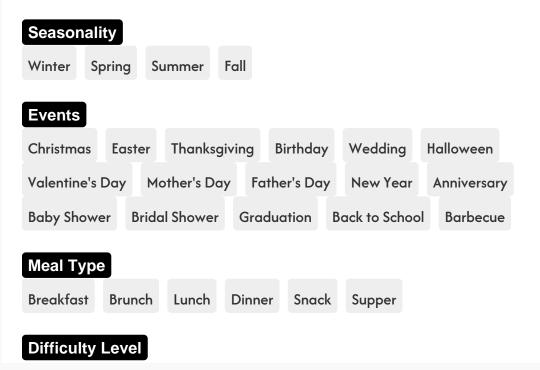
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	1 mcg	6.67%	6.67%

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	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes



Easy

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