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Sunrise Croissant with Bacon ♦

The Sunrise Croissant with Bacon is a delicious and hearty breakfast dish that combines the flakiness of a croissant with the savory goodness of bacon. It is perfect for starting your day off right!

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

150 g croissant

100 g bacon

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the croissant in half horizontally.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Baking

Place the bacon on a baking sheet and cook in the oven for 10 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the bacon from the oven and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Place the bacon on the bottom half of the croissant, then cover with the top half.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 360 kcal

Fat: 22 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	22 g	78.57%	88%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	780 mg	33.91%	33.91%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	1 mg	9.09%	12.5%
Selenium	13 mcg	23.64%	23.64%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Slow Cooker

Course

Appetizers

Sauces & Dressings

Difficulty Level

Easy

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