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Bacon, Egg & Cheese Breakfast Muffin Sandwich ♦

A delicious and satisfying breakfast sandwich made with bacon, egg, and cheese, served on a muffin. Perfect for a quick and easy breakfast on the go.

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

100 g	bacon
2 pieces	Egg
50 g	Cheese
2 pieces	muffin

Directions

Step 1

Frying

Cook the bacon in a skillet until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In a separate skillet, fry the eggs to desired doneness.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Toasting

Toast the muffins in a toaster or oven.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Assemble the sandwich by placing the cooked bacon, fried eggs, and cheese on one half of each toasted muffin. Top with the other half of the muffin.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 18 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	2 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	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Salads Snacks

Cultural

Chinese New Year Cinco de Mayo

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Difficulty Level

Easy

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