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Bacon & Gouda ♦♦

A delicious recipe featuring bacon and gouda cheese. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	bacon
150 g	Gouda Cheese
4 pieces	Eggs
1 tsp	salt
1 tsp	pepper
8 slices	bread

Directions

Step 1

Frying

Cook the bacon in a skillet until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the gouda cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Toasting

Toast the bread slices.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Frying

Fry the eggs in the bacon fat until desired doneness.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Assemble the sandwiches by layering bacon, gouda cheese, and fried eggs on toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
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	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Dinner

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

Oven

Course

Appetizers

Main Dishes

Side Dishes

Difficulty Level

Easy

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