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Breakfast Sandwich ♦

A delicious and filling breakfast sandwich made with steak and eggs. Perfect for starting your day with a protein-packed meal.

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

200 g	steak
4 pieces	Eggs
4 slices	bread
2 slices	cheese
2 tbsp	mayonnaise

4 lettuce
leaves

2 slices Tomato

1 tsp salt

1 tsp pepper

Directions

Step 1

Grilling

Season the steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Cook the steak on a hot grill for 4-5 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Resting

Remove the steak from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Frying

Meanwhile, fry the eggs in a pan over medium heat until the whites are set but the yolks are still runny.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Spread mayonnaise on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Assemble the sandwich by placing lettuce, tomato slices, steak, fried eggs, and cheese between two slices of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Cutting

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	300 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	70 mcg	2916.67%	2916.67%
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	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Winter Summer

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Kitchen Tools

Blender

Cost

Over \$50

Course

Appetizers

Main Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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