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Breakfast Sushi

Breakfast sushi is a unique twist on traditional sushi, using breakfast ingredients like eggs, bacon, and avocado. It can be enjoyed as a fun and delicious breakfast or brunch option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 c	Sushi rice
4 sheets	nori sheets
8	Eggs
8 strips	bacon
2	Avocado

4 tbsp soy sauce

2 tsp wasabi

4 tbsp pickled ginger

Directions

Step 1

Boiling

Cook sushi rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Frying

Cook bacon until crispy, then crumble into small pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Frying

Scramble eggs in a pan until fully cooked, then slice into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Cutting

Slice avocado into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Place a sheet of nori on a bamboo sushi mat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Spreading

Spread a layer of sushi rice on the nori, leaving a small border at the top.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Plating

Add a line of bacon, eggs, and avocado slices onto the rice.

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Rolling

Roll the sushi tightly using the bamboo mat, applying gentle pressure.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Cutting

Slice the sushi roll into bite-sized pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Serving

Serve with soy sauce, wasabi, and pickled ginger.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
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	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Kitchen Tools

Slow Cooker

Pressure Cooker

Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Difficulty Level

Medium

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