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Bacon, Fig, and Arugula Toast

A delicious toast recipe featuring crispy bacon, sweet figs, and peppery arugula. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	bacon
50 g	Fig
50 g	Arugula
2 slices	bread

Directions

Step 1

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Toasting

Toast the bread slices.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Cutting

Slice the figs.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Assembly

Assemble the toast by layering arugula, bacon, and sliced figs on top of the toasted bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	10 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Course

Salads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Volumetrics Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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