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## English Muffin Breakfast Sandwich \*

The English Muffin Breakfast Sandwich is a classic breakfast dish that originated in England. It is typically made with a toasted English muffin, a fried egg, cheese, and a breakfast meat such as bacon or sausage. It is a quick and easy breakfast option that can be enjoyed on the go.

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	english muffins
100 g	Eggs
50 g	cheese
50 g	bacon

## **Directions**

#### Step 1

Toasting

Toast the English muffins.

Prep Time: 2 mins

Cook Time: 0 mins

## Step 2

Frying

Fry the eggs.

Prep Time: 2 mins

Cook Time: 5 mins

## Step 3

Place a slice of cheese on each English muffin half.

Prep Time: 1 mins

Cook Time: 0 mins

## Step 4

Place a fried egg on top of the cheese.

Prep Time: 1 mins

Cook Time: 0 mins

#### Step 5

Add cooked bacon on top of the egg.

Prep Time: 1 mins

Cook Time: 0 mins

## Step 6

Cover with the other half of the English muffin.

Prep Time: 1 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 350 kcal

**Fat:** 20 g

Protein: 15 g

Carbohydrates: 30 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	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	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%
Vitamin D	2 mcg	13.33%	13.33%

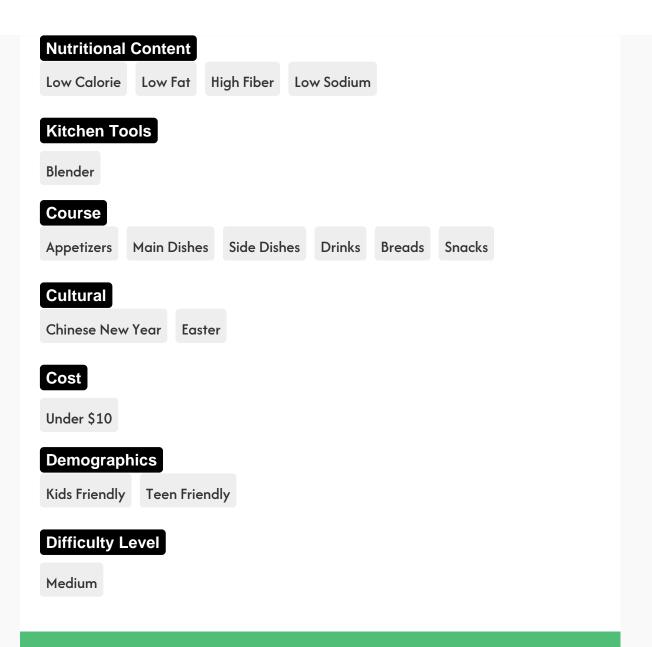
#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	20 mcg	36.36%	36.36%

# **Recipe Attributes**

## Meal Type

Breakfast Brunch Lunch Snack Dinner Supper



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